



OATF “SPRING FLING”
Saturday, April 11, 2026, 10:00am-4:00pm
SSAP Track & Field Facility
BC Athletics Sanctioned Event
(Updated 03.30.2026)

FACILITY:

- South Surrey Athletic Park Track – 14578 20 Ave ([Google MAP](#)).
- Open for bib pickup and warmup at 9:00am
- Washrooms, no changerooms
- No concession

EVENTS:

- **Track:** 100m, 200m, 300/400m, 600/800m, Mo’s Mile, 80/100/110mH, JD 60/80mH
- **Field:** Long Jump, High Jump, Shot Put, Javelin, Pole Vault (limit 1.5m to 4.0m)
- **Track Rascal Event:**
 - Athletes born in 2018/19/20
 - Time: 10:00-11:30am, bib pickup 9:45am
 - Events: Group warmup (10:00am), 60m (10:20am), 60mH (10:25am), Long Jump (10:40am), Turbo Javelin (11:00am)
 - Assemble: 110mH start line at 9:55am

ELIGIBILITY:

- JDs (2017-2013)
- U16
- Open (U18, U20, Seniors, Masters)

REGISTRATION:

- [CLICK HERE TO REGISTER](#)
- Regular \$12 per event (until April 5, 2026, 11:59pm)
- Late \$18 per event (until April 8, 2026, 11:59pm)
- No “DAY OF” entries!
- \$3 added for athletes that are not current BC Athletics members

AWARDS:

- Awards **ONLY** for the Annual Mo's Mile event winners.
- Commemorative medal for male and female winners (Mo's Mile #1 and #2).
- Male and female winners' names engraved on perpetual trophy (Mo's Mile #1 and #2).

RESULTS:

- Live results may be available (not guaranteed) – dependent on Internet connection ([LINK HERE](#)).
- Results will be posted on the Ocean Athletics [WEBSITE](#) by 5pm on April 12, 2026.
- Timing tent area is **OUT OF BONDS** for all athletes, parents and coaches during the meet.
- Track inquiries or protests must be brought to the Finish Line Marshal.
- Field event inquiries or protests must be brought to the Chief of the Field Event.
- Paperwork requests for records will only be completed at the conclusion of the meet.

SPECTATORS & COACHES:

- **ONLY** athletes and officials are permitted in competition areas (High Jump, Long Jump, Javelin, Track, Track Rascal Events etc.).
- High Jump apron is **CLOSED** to all spectators and coaches – open for competitors and associated officials **ONLY**.
- High Jump spectators **AND** coaches must watch from outside of Lane 8.
- Access Pole Vault and Long Jump bleachers by walking outside of Lane 8 on the southern end of the track to the designated viewing area.
- Track Rascal Spectators:
 - View 60m and 60mH events from main bleachers.
 - View Long Jump from bleachers and grass beside two northern Long Jump pits.
 - View Turbo Javelin from the spectator area in front of the Throwing Cage.

COMPETITION NOTES:

- **Schedule:**
 - Events will start on time but **CAN** run up to 30 minutes ahead of the posted schedule.
 - Arrive with enough time to complete your warmup and set any marks (as necessary).
 - This is a short, early season, 1-day meet – do not attempt too many events.
- **Implements:**
 - Personal implements may be used but must be weighed and certified before the competition.
 - Weigh in for all implements is 9:15-9:45am in the green building at the southwest corner of the track.
- **Hurdles:**
 - Practice hurdles will be set up and available on the south end of the track.
 - Please do not remove or move hurdles to the western straightaway (Long Jump side).

COMPETITION SCHEDULE:

TRACK EVENTS:

- Events **CAN** run up to 30 minutes ahead of the posted schedule.
- Events run oldest to youngest with females going first in all groupings, except hurdles

TIME	EVENT
9:55am	110mH – 39" – U20M, 36" – U18M (1 heat capped at 7 athletes)
10:00am	100mH – 33" – U16M, Senior W, U20W (event may be combined), 80mH – 30" – U16W
10:20am	Track Rascal 60m, Track Rascal 60mH
10:45am	80mH (2013B, 2013G, 2014B, 2014G), 60mH (2015B, 2015G, 2016B, 2016G, 2017B, 2017G)
11:30am	Mo's Mile #1: U16+ (W, M), Mo's Mile #2: JD (G, B) (4 races total)
12:00pm	100m
1:40pm	400m/300m
2:00pm	800m/600m
2:55pm	200m
3:45pm	2 nd chance 100m if time permits (free for athletes already registered in the meet)

FIELD EVENTS:

- *Long Jump – 4 jumps guaranteed for OPEN, jumps 5/6 are at the discretion of the officials based on field size.
- **Shot Put/Javelin – 4 throws guaranteed for OPEN, 5th throw at the discretion of the officials based on field size.

TIME	EVENT	ATHLETES
10:00am	POLE VAULT	Males & Females combined (1.5m to 4.0m)
10:30am	HIGH JUMP PIT #1 (Eastern Pit)	Senior, U20, U18, U16 Men
11:45am		2013/2014 Boys
1:15pm		2015/2016 Boys
2:30pm		2017 Boys
10:30am	HIGH JUMP PIT #2 (Western Pit)	Senior, U20, U18, U16 Women
11:45am		2013/2014 Girls
1:15pm		2015/2016 Girls
2:30pm		2017 Girls
10:30am	LONG JUMP PIT #1 (Western Pit)	Open Men (Masters, Seniors, U20/18/16)*
12:00pm		2017/2016 Boys
1:30pm		2015 Boys
2:45pm		2013/2014 Boys
10:30am	LONG JUMP PIT #2 (Eastern Pit – Closest to Track)	Open Women (Masters, Seniors, U20/18/16)*
12:00pm		2017/2016 Girls
1:30pm		2015 Girls
2:45pm		2013/2014 Girls
10:00am	SHOT PUT	Open Men & Women combined (Masters, Seniors, U20/18/16)**
11:00am		2015/2014/2013 Boys & Girls – combined
11:45am		2017/2016 Boys & Girls – combined
12:30pm	JAVELIN	Open Men & Women combined (Masters, Seniors, U20/18/16)**
1:40pm		2013/2014 Girls & Boys
2:30pm		2015/2016 Girls & Boys