



OATF “BRING THE HEAT! 🔥”
Tuesday, June 30, 2026, 4:30-9:00pm
SSAP Track & Field Facility
BC Athletics FULLY Sanctioned Event
(Updated 06.29.2026)

FACILITY:

- South Surrey Athletic Park Track – 14578 20 Ave ([Google MAP](#)).
- Open for bib pickup and warmup at 4:00pm
- Washrooms, no changerooms
- No concession

EVENTS:

- **Track:** 100m, 200m, 800/600m, 1500/1200m, 100/80/60mH
- **Field:** Long Jump, High Jump, Shot Put, Javelin, Pole Vault (limit 2.0m to 4.3m)
- **Track Rascal Event (6pm):** Turbo Javelin, Long Jump, 50m Training Hurdles, 50m Sprint

ELIGIBILITY:

- Rascals = 2020, 2019, 2018 (Track Rascal event only)
- JDs (U14 = 2017-2013)
- U16, U18, U20, Seniors, Masters – No Masters Specific Hurdles

REGISTRATION:

- [CLICK HERE TO REGISTER](#)
- Regular \$12 per event (until June 27, 2026, 11:59pm)
- Track Rascal event \$10 (until June 27, 2026, 11:59pm)
- No late entry
- No “DAY OF” entries!
- \$3 added for athletes that are not BC Athletics members
- 4x100m relay registration onsite by 7:45pm

AWARDS:

- No awards to keep costs low.

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 July 1, 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, Shot Put, Discus 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.

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 evening 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 4:15-4:45pm 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
5:00pm	1500m: U18, U20, Senior, Master (combined), 1200m: U16, 2013-2014 (combined)
5:20pm	100m: Open to All
6:30pm	800m: U16 & Older, 2013-2014, 600m: 2015-2017
7:10pm	100mH – 33” – U16M, 100mH – 30” – U18W, 80mH – 30” – U16W
7:25pm	80mH (2013B, 2013G, 2014B, 2014G), 60mH (2015B, 2015G, 2016B, 2016G, 2017B, 2017G)
8:00pm	200m: U16 and Older
8:20pm	200m: 2013-2015
8:40pm	2 nd Chance 100m. Free to athletes registered in meet.
8:50pm	4 x 100m Relay: Free to athletes registered in meet.

NOTE: Track Rascal event starts at 6:00pm: Turbo Jav, Long Jump, 50m Hurdles, 50m Sprint

FIELD EVENTS:

TIME	EVENT	ATHLETES
4:30pm	POLE VAULT	2013, U16, U18, Senior combined (2.0m to 4.3m)
5:30pm	HIGH JUMP PIT #1 (Eastern Pit)	2015/2016/2017 Girls
7:15pm		U16, U18, U20 Mixed
5:30pm	HIGH JUMP PIT #2 (Western Pit)	2015/2016/2017 Boys
6:45pm		2013/2014 Boys & Girls, Master Men and Women
5:30pm	LONG JUMP PIT #1 (Northeast Pit)	2013/2014 Boys
6:30pm		2017/2016 Boys
7:45pm		2015 Boys
5:30pm	LONG JUMP PIT #2 (Southeast Pit)	2013/2014 Girls
6:30pm		2017/2016 Girls
7:45pm		2015 Girls
5:30pm	SHOT PUT	2017 Boys & Girls
6:00pm		U16, U18, U20, Senior, Masters (Mixed)
7:15pm		2013/2014/2015/2016 Boys & Girls
5:30pm	JAVELIN	2013/2014/2015/2016 Boys & Girls
7:00pm		U16, U18, U20, Senior, Masters (Mixed)