



OATF “LAST ONE, FAST ONE! ⚡ ”
Tuesday, July 28, 2026, 4:30-8:30pm
SSAP Track & Field Facility
BC Athletics Fully Sanctioned Event
(Updated 07.26.2026)

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, 300m/400m, 600m/800m,
- **Field:** Shot Put, High Jump, Javelin, Pole Vault (limit 2.0m to 4.3m)

ELIGIBILITY:

- JD: 2017, 2016, 2015, 2014, 2013
- U16+ = U16, U18, U20, Senior, Master

REGISTRATION:

- [CLICK HERE TO REGISTER](#)
- Regular \$12 per event (until July 25, 2026, 11:59pm)
- No late entry
- No “DAY OF” entries!
- \$3 added for athletes that are not BC Athletics members

AWARDS:

- No awards to keep costs low.

RESULTS:

- Live results may be available (not guaranteed) – dependent on Internet connection ([LINK HERE](#)).
- Final results will be posted on the Ocean Athletics [WEBSITE](#) by 5pm on July 29, 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.

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

TIME	EVENT
5:00pm	400m/300m
5:30pm	100m
6:45pm	800m/600m
7:30pm	200m
8:15pm	2 nd Chance 100m (free for any athlete registered in the meet)

FIELD EVENTS:

- Shot Put/Javelin – 4 throws guaranteed for U16+, 5th throw at the discretion of the officials based on field size.

TIME	EVENT	ATHLETES
4:30pm	POLE VAULT	2013, U16, U18, U20, Senior, Master (Men & Women) (2.0m to 4.3m)
5:00pm	SHOT PUT	U16, U18, U20, Senior, Master (Men & Women)
6:00pm		2017, 2016, 2015, 2014, 2013 (Warmup at North Pit 5:15-5:45pm)
6:00pm	HIGH JUMP	U16, U18, U20, Senior, Master (Men & Women)
7:15pm	JAVELIN	U16, U18, U20, Senior, Master (Men & Women)