BRING THE HEAT

TUESDAY, JUNE 29, 2027
4:30pm - 9:00pm
SOUTH SURREY ATHLETIC PARK TRACK

BC ATHLETICS FULLY SANCTIONED MEET

MEET OVERVIEW

TRACK EVENTS

- 100m
- 200m
- 800/600m
- 1500/1200m
- 100/80/60mH

FIELD EVENTS

- Long Jump.
- High Jump
- Javelin
- Shot Put
- Pole Vault (2m-4.3m)

TRACK RASCALS – 6:00 PM

- Eligible birth years: 2021, 2020 and 2019.
- Events: 60m • 60m Hurdles • Long Jump • Turbo Javelin

ELIGIBILITY & REGISTRATION

- JD's 2018-2014
- U16, U18, U20, Seniors, Masters (no Masters specific hurdles)
- No **DAY OF** entries!!!
- 4x100 Relay: Onsite registration by 7:45pm

REGISTER HERE!

FEES & DEADLINE

- **Regular Deadline $12** per event
- **Late Deadline $18** per event
- **$10** Track Rascal event

- **Regular Deadline:** April 4,2027 at 11:59 pm
- **Late Deadline:** April 7, 2027 at 11:59 pm
- **$5 Extra** for non BC Athletics members

ARRIVAL

- Bib pickup and warmup from 4:00 pm



AMENITIES

- Washrooms available; no changerooms or concession

MEET INFORMATION

Everything athletes, coaches and families need to know before arriving.

RESULTS & PROTESTS

- Live results may be available (not guaranteed) - depending on the internet connection. ***RESULTS***
- Results will be posted on the Ocean Athletics website by 5:00 PM on June 30, 2027. ***WEBSITE***
- Timing tent area is **OUT OF BOUNDS** for all athletes, parents and coaches during the meet.
- Track inquiries or protests go to the Finish Line Marshal.
- Field event inquiries or protests go 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, including high jump, long jump, shot put and discus.
- Check-in for all field events is at the event site. Check-in for all track events is at the start line area for the event. All athletes must check in a minimum of 20 minutes prior to the scheduled start time.
- The high jump apron is open to current competitors and Officials only.
- Coaches may remain in the HJ apron until competition begins.
- High jump spectators and coaches must watch from outside Lane 8.
- Reach the pole vault and long jump bleachers by walking outside Lane 8 at 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 to northern long jump pits
    - View Turbo Javelin from the spectator area in front of the throwing cage.

COMPETITION NOTES

- Events start on time but ***can run up to 30 minutes ahead of the posted schedule***. Arrive early enough to warm up and set marks
- This is a short evening meet; do not attempt too many events.
- Personal implements must be weighed and certified before competition. Weigh-in is 9:15-9:45am in the green building at the southwest corner of the track.
- 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)

AWARDS

- No awards will be presented in order to keep costs low.

COMPETITION SCHEDULE

TRACK EVENTS

- Events can run up to 30min ahead of the posted schedule
- Events run oldest to youngest with females going first in all groupings, except Hurdles

TIME	EVENT	DETAILS
5:00 PM	1500 / 1200m	**1500m:** U18, U20, Senior, Master (combined) **1200m:** U16, 2014–2015 (combined)
5:20 PM	100m	Open to All
6:30 PM	800m / 600m	800m: U16 & older, 2014–2015; 600m: 2016–2018
7:10 PM	Hurdles	100mH – 33" – U16M; 100mH – 30" – U18W; 80mH – 30" – U16W
7:25 PM	JD Hurdles	80mH: 2014B, 2014G, 2015B, 2015G; 60mH: 2016B/G, 2017B/G, 2018B/G
8:00 PM	200m	U16 and older
8:20 PM	JD 200m	2014–2016
8:40 PM	2nd chance 100m	Free to athletes registered in the meet
8:50 PM	4x100 Relay	Free to athletes registered in the meet; onsite registration by 7:45 PM

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 / LOCATION	ATHLETES
4:30 PM	Pole vault	Male and Females combined (1.50m to 4.00m)
5:30 PM	High jump — Pit #1 (Eastern)	2016/2017/2018 Girls
7:15 PM	High jump — Pit #1 (Eastern)	U16, U18, U20 Mixed
5:30 PM	High jump — Pit #1 (Western)	2016/2017/2018 Boys
6:45 PM	High jump — Pit #1 (Western)	2014/2015 Boys & Girls, Master Men and Women
5:30 PM	Long jump — Pit #1 (Northeast)	2014/2015 Boys
6:30 PM	Long jump — Pit #1 (Northeast)	2018/2017 Boys
7:45 PM	Long jump — Pit #1 (Northeast)	2016 Boys
5:30 PM	Long jump — Pit #2 (Southeast)	2014/2015 Girls
6:30 PM	Long jump — Pit #2 (Southeast)	2018/2017 Girls
7:45 PM	Long jump — Pit #2 (Southeast)	2016 Girls
5:30 PM	Shot put	2018 Boys & Girls
6:00 PM	Shot put	U16, U18, U20, Senior, Masters (Mixed)
7:15 PM	Shot put	2014/2015/2016/2017 Boys & Girls
5:30 PM	Javelin	Open Men & Women combined (Masters, Seniors, U20/U18/U16) **
7:00 PM	Javelin	2015 / 2014 Boys & Girls