LAST ONE, FAST ONE

TUESDAY, JULY 27, 2027
4:30pm - 9:00pm
SOUTH SURREY ATHLETIC PARK TRACK

BC ATHLETICS FULLY SANCTIONED MEET

MEET OVERVIEW

TRACK EVENTS
• 100m • 200m • 400/300m • 800/600m

FIELD EVENTS
• Shot Put • High Jump • Javelin • Pole Vault (2m-4.3m)

ELIGIBILITY & REGISTRATION
• JD's 2018-2014
• U16, U18, U20, Seniors, Masters

• No **DAY OF** entries!!!

REGISTER HERE!

FEES & DEADLINE
• **$12** per event

• **Regular Deadline:** April 4,2027 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

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

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 July 28, 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)

COMPETITION SCHEDULE

TRACK EVENTS

- Events can run up to 30 min 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	400m	Masters, Seniors, U20, U18
5:15 PM	300m	U16, JD 2014, JD 2015
5:30 PM	100m	Masters, Seniors, U20, U18, U16, JD 2014-2018
6:45 PM	800m	Masters, Seniors, U20, U18, U16, JD 2014, JD 2015
7:10 PM	600m	JD 2016, JD 2017, JD 2018
7:30 PM	200m	Masters, Seniors, U20, U18, U16, JD 2014-2016
7:30 PM	2nd chance 100m	2nd chance 100m if time permits (free for athletes already registered in meet)

FIELD EVENTS

*** Shot Put/Javelin** - 4 throws guaranteed for Open, 5th throw at the discretion of the officials based on field size.
**** Shot Put -** JD warmup at North Pit 5:15 - 5:45 PM

TIME	EVENT / LOCATION	ATHLETES
4:30 PM	Pole vault	Male and Females combined - Masters, Seniors, U20, U18, U16, JD 2014
5:00 PM	Shot Put	Male and Females combined - Masters, Seniors, U20, U18, U16 *
6:00 PM	Shot Put	Boys & Girls combined - JD 2014, JD 2015, JD 2016, JD 2017, JD 2018 **
7:15 PM	Javelin	Male and Females combined - Masters, Seniors, U20, U18, U16