



2016
Ocean Athletics Summer Series
BC Athletics Sanctioned Event
South Surrey Track
14600 20th Avenue, Surrey



Summer Series #1 Tuesday, June 28

Welcome to the first event of the 2016 Summer Series Tuesday evenings of Track & Field !! Once again, it is looking to be a series with terrific competition and excellent weather. And the BCA Coaching Clinics will once again be part of the series. Clinic #1 will focus on Triple / Long Jump with Elena Voloshin. More information and registration at: <http://us13.campaign-archive2.com/?u=0382c1c46df8420db8a8689e5&id=6c15f04698&e=8db749ab20>

Remaining 2016 Event dates are: July 5th, July 12th and July 19th ** July 12th will have a 5pm start

As in past series, the meets are run on a rolling schedule which means one event will follow the previous as quickly as possible – there are no set times with the exception of the start of field event groupings. Athletes should be prepared for a 6pm start (5pm on July 1th) on the track and have high jump and long jump marks set in advance. Due to compact nature of the series meets, field events are limited to 3 attempts. High Jump will be organized according to set starting heights.

UPDATES: Added events: #1 Open Women's Hammer - 5pm start – 3 throws maximum. Open to Youth & older athletes – implement wt. 4kg, masters 3kg. #2 3000m – 5:15 Women, 5:30 Men #3 Elite 5000m Combined -9pm

Track: 6:00pm Start – rolling schedule – oldest to youngest, women then men. Age groups may be combined if there is a small field

5pm Open Women's Hammer (open to youth aged athletes and older – implement weight 4kg, masters 3kg)

5:15 Women's 3000m

5:30 Men's 3000m

6pm 100m

800m, 600m

110H/100H/80H (no JD hurdles)

400m, 300m

100m 2nd chance (midget & older only)

4x100 relays if interest

100m rope skipping Challenge - will be dropped if it interferes with start time of 5000m

9pm 5000m – Men & Women combined

Field

6pm Long Jump (2 pits – JD's)

High Jump (2 pits – 1.0m start)

Pole Vault

Shot Put (2 sectors – JD girls, midget+ women)

Discus (all JD's)

7:pm Discus – midget & older men

7:15pm Long Jump (2 pits – midget & older)

High Jump (2 pits 1.25m , 1.55 start)

Shot Put (2 sectors – JD boys, Midget+ men)

8pm Discus – Women – midget & older

Registration

Registration is through Trackiereg. www.Trackiereg.com/2016SummerSeries#1 Cost of event is flat fee \$10.00 – unlimited #events (athletes fit in what they can). \$13 if not a current BC Athletics member. Regular registration closes at midnight Sunday June 26th, 2016. Late fee of \$20 (\$23) occurs after this date. Registration opens at 4:00pm