



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



Summer Series #4 Tuesday, July 19

Welcome to the final event of the 2016 Summer Series Tuesday evenings of Track & Field !! Thanks to everyone for your support of the series this summer. Best wishes for the remainder of your 2016 season. The Coaching Clinic will feature Strength and Conditioning with Rob Pike. Information and registration at: <http://us13.campaign-archive2.com/?u=0382c1c46df8420db8a8689e5&id=6c15f04698&e=8db749ab20>

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

UPDATE: The Triple Jump, Discus and 5000m events have been added to the schedule. The 5000m is open to Junior and older athletes only who can able run 28 minutes and faster. 8:30pm start. A 4x100 relay will also be run. Please check updates for event start time.

Track:

- 5:15pm** JD hurdles (80mH 2003M, 2003F, 2004M, 2004F) (60mH 2005M, 2005F, 2006M, 2006F, 2007M, 2007F)
Rascal 60m (Free! no pre-entry required – open to 2008 and younger)
- 6pm** 400m (youth & older)
100m
800m, 600m
200H (JD's only)
200m
300m (2003, midgets)
100m Second Chance
- 8:30pm** **5000m (men and women, Junior and older only)**

Field (these are estimated time blocks, events will move ahead if possible)

- 5pm** Long Jump JD females
Discus (midget & older male and female only – no on-site registration)
Shot Put JD males
High Jump (males and females in the jumping range of 0.80-1.15m range)
- 5:30pm** **Triple Jump (2003, Midget & older women followed by 2003, Midget & older men)**
Pole Vault
Javelin (Males and Females – JD's only)
- 6pm** Long Jump JD males
Shot Put JD Females
High Jump (Males and Females Pit #1 starting ht. 1.20, Pit #2 1.40)
- 6:30pm** Long Jump (Midget & older women)
- 7pm** Javelin (midget & older women)
Shot Put (midget & older men)
- 7:30pm** Long Jump (Midget & older men)
- 7:45pm** **Shot Put (midget and older women)**
- 8pm** Javelin (midget & older men)

Registration

Registration is through Trackireg. www.Trackireg.com/2016SummerSeries#4 Cost of event is flat fee \$10.00 – unlimited #events (athletes fit in what they can). As per BC Athletics ruling, non-current BC Athletics members may not participate in this meet. After June 30, only full BC Athletics members may compete in BC Athletics sanctioned events. Information on BC Athletics membership can be found at <http://www.bcathletics.org/Clubs/Membership/> . Regular registration closes at midnight Sunday July 17, 2016 Online late registration is open 12:01am – 8pm Monday, July 18 PLEASE REGISTER IN ADVANCE!!! It makes for a better meet for the organizers and for the athletes. Supply performance seeds if you have them so that we can get you into the most appropriate sections for your abilities.