

Ocean Athletics 2017 Spring Breaker

Saturday, March 18 – South Surrey Track Facility

14602 – 20th Avenue, Surrey

google map:

<https://www.google.ca/maps/place/South+Surrey+Athletic+Park/@49.0376812,122.8212364,727m/data=!3m1!1e3!4m2!3m1!1s0x5485c366e5b245e5:0x89b289728198498b!6m1!1e1>

Welcome to the 3rd Annual Spring Breaker. This event is open to athletes 9 years and older (2008 and earlier). Registration is through Trackiereg . Entry fee is a flat \$10 per person. Non-current BCA members and current BCA Training membership members will be assessed the additional \$3.00 BC Athletics Day of Event fee. Online registration will be accepted until Midnight on Tuesday March 14, 2017. Late fee is a flat \$20 with the additional \$3 BC Athletics Day of Event fee for non-current BCA and Training members. Late registration is day of meet only, not available online. This is a performance meet – no awards are given. Events with 0 entrants by online registration deadline, will be removed from the meet and will not be available for day of entries.

*** Track Rascal (2009/10/11) event 10-10:30am

*** As per BC School Sports Rules, Club athletes and High School athletes may not compete together. High School athletes must register and compete as Unattached.

Schedule is a Rolling format. Schedule will be adjusted as entries are collected. Please be aware of how the meet is progressing.

Track (Females followed by Males, oldest to youngest) ROLLING SCHEDULE – MEET WILL MOVE AHEAD IF POSSIBLE

10:00am Hammer – women followed by men - due to early spring field conditions, throwers limited to a maximum of 4 throws
Track Rascal event 10-10:30am- signup is at the track at 9:30am

10:30am JD Hurdles 80mH (2004, 2005)), 60mH (2006, 2007, 2008)

11:00am 800m - (masters, seniors, juniors, youth, midget, 2004, 2005), 600m - (2006, 2007,2008)

12noon Midget, Youth, Junior, Senior hurdles (order to be determined by hurdle height and distance – will go longest & highest first)

12:45pm 100m Timed finals

1:45 400m Timed Sections (masters to youth), 300m Timed Sections (midget, 2004, 2005)

2:15 200m Timed Sections (masters to midget, 2004, 2005, 2006)

3:00 1500m OPEN youth+ women followed by youth+ men

3:15 400mH (masters to youth), **** **300mH for HS aged athletes + Midget (2003, 2002)**, 200mH (2004, 2005)
**300mH added to accommodate HS Athletes

4pm 60m – open to all

FIELD		SHOT PUT	DISCUS	JAVELIN	LONG JUMP	HIGH JUMP	HAMMER
10:00am							Wm followed by Men
10:30AM		JD's	Mid Wm & older	Mid Men & older	Mid M/W & older	starting Ht 0.90m/1.30m	
11:45am		Mid Men & older	JD's	Mid Wm & older			
12:30pm						Starting Ht. 1.55	
1pm		Mid Wm & older	Mid Men & older	JD's	JD's boys/girls		

