



**May 26,27 2017**  
**Ocean Athletics May TuneUp**  
**BC Athletics Sanctioned Event**  
**South Surrey Track**  
**14600 20<sup>th</sup> Avenue, Surrey**



This year's May TuneUp meet will once again be held in conjunction with the BC HS Multis Championships. In addition, a Masters, Senior and Junior Decathlon and Heptathlon and individual events will be held. This meet offers high school athletes headed to the BC High School Track and Field Championships a final preparation for the Championships.

The meet is designed to work around the Multi events. A more accurate schedule will be determined once Multi entries have been received. This meet is open to athletes 2003 birthyear and older. There are two sessions – Friday afternoon and Saturday morning and afternoon. Entry fee allows you to participate both days.

Schools wishing to enter a relay team only, the cost is \$10 for the team. Registration for relays will be on site for both Friday and Saturday. Late fees do not apply to relays. Please have all members in their school jerseys. If team members wish to participate in individual events, they will need to take out the full individual participation fee of \$10 (+ an additional \$3 if not a current full BCA member. School memberships are still eligible for this event). Clubs are also welcome to participate in the relays.

### **Track - Friday May 26 – no field events on Friday due to Multi events needs**

- 4:00pm** 4x100m relays - School teams followed by club teams \*you can run Frid/Sat or both  
**4:30pm** 100m – Masters, Seniors, Juniors, Youth, Midget \*you can run Fri/Sat or both  
**5:15pm** 400m – Masters, Seniors, Juniors, Youth \* you can run Fri/Sat or both

### **Track - Saturday, May 27**

- 10:00am** Track Rascal Event (no late fee for Rascal event)  
**10:30am** 1500m Race Walk  
**10:45am** 2000m Steeplechase  
**11:00am** 1500m Steeplechase with water to run in compliance with BC HS steeplechase format  
**11:30am** 100m second opportunity – Masters, Seniors, Juniors, Youth, Midget  
**12:30pm** 400m second opportunity, 300m – Masters, Seniors, Juniors, Youth, Midget  
**1:30pm** 800m – Masters, Seniors, Juniors, Youth, Midget  
**2:30pm** 200m – Masters, Seniors, Juniors, Youth, Midget  
**3:00pm** 4x100 relays – second opportunity  
**3:15pm** **400m Hurdles ADDED EVENT**

### **Field –Saturday, May 27**

- 10:am** Shot Put – all women  
Javelin – all men  
**10:30am** High Jump – Women  
**11:00am** Shot Put – all men  
Javelin – all women  
Long Jump – all men  
**12noon** High Jump – all men  
Discus – all men  
**12:30** Long Jump – all women  
**1:30pm** Discus – all women

### **Registration**

Registration is through Trackierereg. [www.Trackierereg.com/2017MayTuneUP](http://www.Trackierereg.com/2017MayTuneUP) On-line registration closes at midnight on June 24. Registration fee is a flat \$10 – unlimited events but events do not wait for athletes. Non-current BC Athletics full members, including training memberships will be assessed the additional \$3 BCA Day of Registration fee. Relay registration is on site \$10/team.