



2017  
Ocean Athletics Summer Series  
BC Athletics Sanctioned Event  
South Surrey Track  
14600 20<sup>th</sup> Avenue, Surrey



## Summer Series #1 Tuesday, June 27

Welcome to the first event of the Tuesday evenings 2017 Summer Series !! Once again, it is looking to be a series with terrific competition and excellent weather. The remaining 2017 event dates are July 4<sup>th</sup>, July 11<sup>th</sup> & July 18<sup>th</sup>

As in past series, the meets are run on a rolling schedule which means that one event will follow the previous event as quickly as is possible – there are no set times, only approximations. The number of participants and the performance level will affect the schedule. Long Jump, High Jump & Pole Vault marks should be set & ready for a 6pm start. Due to the compact nature of the meets, field events are limited to 3 attempts (if the fields are small, officials may deem there is room for more attempts). High Jump will be organized according to set starting heights. Check the starting heights for your appropriate High Jump session.

**JD Events** = 60m, 100m, 800/600m, 300m(2005, 2004 only), 200m (2004-2006 only), 200mH (2004, 2005 only), Hammer (2004 only), Long Jump, High Jump, Shot Put, Hammer (2004, 2005 only)

**Midget & older Events** = 60m, 100m, 800m, Sprint Hurdles, 400m, 300m, 200m, 200mH (Midget only), Hammer, Long Jump, High Jump, Pole Vault, Shot Put, Discus)

### **Track - Rolling Schedule - Oldest to Youngest, Females & then Males (Hurdles are exception)**

**5pm** – 60m – masters to 2008

**5:45pm** – Track Rascal Event (50m, long jump, hurdles, shot put, relay)

**6pm** **200mH (midget men, followed by midget women, 2004 males, females, 2005 males, females) \*\*\*added event**

100m

800m followed by 600m

110H/100H/80H (no JD sprint hurdles) – hurdles will be set up and available for practice during the 800/600m

400m, 300m, 200m

\*\* if time and interest, 4x100m

### **Field**

**5pm** Hammer

**6pm** Long Jump ( Females 2004-2008, Midget & older Males)

High Jump (Males 1.00m starting height, Females 1.30 starting height)

Pole Vault – (2004 and older Males & Females)

Shot Put (Females 2004-2008, Midget & older Females)

Discus (Midget & older Males)

**7:30pm** Long Jump (Males 2004-2008, Midget & older Females) \*\*\* tentative, field events are on a rolling schedule

High Jump (Females 1.00m starting ht. , Males 1.40 starting ht )

Shot Put (Males 2004-2008, Midget & older Males)

Discus (Midget & older Females)

### **Registration**

Registration is through Trackiereg. [www.Trackiereg.com/2017SummerSeries#1](http://www.Trackiereg.com/2017SummerSeries#1) On-line registration closes at 12noon on Sunday, June 25, 2017. Registration fee is a flat \$10 – unlimited events but events do not wait for athletes. This meet is run on a rolling schedule. Non-current BC Athletics full members, including training memberships will be assessed the \$3 BCA Day of Registration fee in addition to the \$10 fee. Registrations will be accepted on site from 4pm – 6:30pm at a late fee of \$20.00. Become a BC Athletics member now!!! <http://www.bcathletics.org/Membership/>