

May Tune Up Meet – Saturday, May 28, 2016

(plus Day 2 of BC HS Combined events Championships and Day 2 of BC Summer Games Zone 3,4 Trials)

South Surrey Athletic Park Track

Hosted by Ocean Athletics

*** Midget aged athletes should be competing in the Summer Games portion of the meet whether you are a Zone 3 or 4 athlete or not*

*** Open events are for youth, junior, senior and master athletes. Athletes will be competing with their age appropriate implement weights and hurdle heights. Younger athletes may compete up to perform at BC HS criteria.*

*** There are two opportunities for the 100m. It is not a heat and final setup. You may compete in one or both of the sections. Sections will organized according to seed times and age categories. # of sections is dependent upon #entries.*

*** there may be short disruptions in the schedule if a Hep or Dec event needs to be scheduled.*

Track

10am	DEC 110H Open 110mH/100mH
** note: Track Rascal event - Cancelled	
10:15am	Summer Games 1200m (W,M)
10:30am	Summer Games 100m heats (W,M) Open 100m – 1 st chance (W,M)
11:30am	Open 400m (W,M) Summer Games 300m (W,M)
12:30pm	Summer Games 1500 SC (W,M)
1:30pm	Open 200m (W,M)
2pm	Summer Games 200mH (W,M)
2:45	HEP 800m
3pm	Summer Games 100m (W,M) (Zone 4 final, Zone 3 final, non 3,4) Open 100m – 2 nd Chance (W,M)
4pm	DEC 1500m

Field

10am	Summer Games Men HJ HEP Long Jump Open Men Long Jump Summer Games PV (F&M) DEC Discus Summer Games Men Shot Put Summer Games Women Discus
11:30am	Summer Games Men Discus
12noon	HEP Javelin DEC Pole Vault Open W Long Jump Summer Games Women Shot Put Summer Games Men Long Jump Summer Games Women HJ Open Women Shot Put
2pm	DEC Javelin Open Pole Vault Summer Games Women Triple Jump Open Men Shot Put
3pm	Open Men High Jump Open Women High Jump