



## 2015 Summer Series #7 & Run Jump Throw Wheel Demo South Surrey Athletic Park – Saturday, July 25

This additional Summer Series meet is being held in conjunction with the first annual Athletics Canada / Hershey Canada Youth Series event and Run Jump Throw Wheel Demo & Mini Meet. The Run Jump Throw Wheel Demo event will run from 9-10:45am, and the Summer Series event from 10:30am to 1:30pm with the Hershey Canada Youth Series events to follow at 2pm. This meet is a great way to finish up the 2015 season!

The Run Jump Throw Wheel Demo and Mini Meet event is open to children 5-10 years of age. Participants will be introduced to sprinting, hurdling, high jump, long jump, javelin, shot put and relays. The emphasis is participation and fun! Registration for the Run Jump Throw Wheel Demo and Mini meet can be done both online at <https://www.trackie.com/online-registration/register.php?id=2311> and on site Saturday morning. The cost is a \$5 per participant. The event starts at 9am and concludes at 10:45am.

Summer Series registration is at: <https://www.trackie.com/online-registration/register.php?id=2322>

The cost is a flat \$10 fee up until July 23<sup>rd</sup> midnight, and then a \$20 late fee both online and on site Saturday morning. This event is for BC Athletics or AC affiliate members born 1997 and earlier, and athletes born 2002-2006. The schedule can be found below. First event is 10:30am, last events will be concluded by 1:30pm

On Site registration for the Run Jump Throw Wheel event opens at 8am on Saturday, July 25<sup>th</sup> and closes at 9am. On Site registration for the Summer Series event opens at 8am on Saturday July 25<sup>th</sup> and closes 10am.

### Schedule of Events

9-10:45am Run Jump Throw Wheel Demo and Mini meet

#### Summer Series Track 11am – 1:30pm - Rolling Schedule

|                                   |  |
|-----------------------------------|--|
| 800m (masters to 1997, 2002/03)   | 600m (2004/05/06)                                      |
| 80m JD Hurdles (2002/03)          | 60m JD Hurdles (2004/05/06)                            |
| 100m (masters to 1997, 2002-2006) |  |
| 400m (masters to 1997)            | 300m (2002/03)      200m (masters to 1997, 2002/03/04) |
| 100m Bonus Run                    |  |
| 200m Hurdles (2002/03)            |  |
| 4x100m relay if interest and time |  |

**Summer Series Field Events** – if an event finishes early, the next one will commence earlier. Please set your marks upon arrival as there may not be time to set marks once the competition begins.

|                  |                                      |   |
|------------------|--------------------------------------|---|
| 10:30 – 11:30am  | Long Jump - 1997 & older             | High Jump - 2002-2006 (2 pits)                                    |
|                  | Pole Vault – 1997 & older, 2002      | (must be completed by 12:15pm)                                    |
| 10:30-11:15am    | SP – Females 1997 & older            | Discus – Females (no Youth/Mid)      Javelin – Males 1997 & older |
| 11:15 – 12 noon  | SP – Males 1997 & older              | Discus – Males(no Youth/Mid)      Javelin – Females 1997 & older  |
| 12noon – 1:30pm  | HJ - 1997 & older                    | Long Jump 2002-2006 (2 pits if required)                          |
| 12noon – 12:45pm | SP – JD Males followed by JD Females |   |

**\*NOTE: due to the limited time frame for this meet, all athletes limited to 3 throws / long jumps.**