



Ocean Athletics Summer Series 2015 – South Surrey Track – 14600 20th Avenue, Surrey

As per BC Athletics competition rules, all participants must be members of BC Athletics, or Athletics Canada affiliates.

Tuesday July 7, 2015 – Summer Series #4

Non Ocean members register at

<https://www.trackie.com/online-registration/register.php?id=2332>

Track

6pm start – rolling schedule – oldest to youngest, women first (master women, master men, senior women etc)

800m (2003 and older)

600m (2006-2004)

JD hurdles (80mH 13M, 80mH 13F, 80mH 12F/M, 60mH 11F/M, 60mH 10F/M, 60mH 9F/M)

100m

60m (2004-2006 only)

400m (youth and older) 300m (2003/02, midgets) 200m (2004 and older)

100m repeat

4x100 relay if interest

Field

6pm start

Pole Vault

Triple Jump

Long Jump

Hammer (JD males and females first – 3 throws only, followed by female midget and older, followed by male midget and older athletes – maximum of 5 throws

** athletes limited to one warmup throw

** cage will open at 5:30pm and close at 8pm

Javelin (females followed by males)

** shotput will be added if sufficient BCA officials available

Saturday, Sunday July 25th and 26th First Annual Athletics Canada, Hershey

Canada Midget Youth Series event ** The July 21 Summer Series meet has been cancelled due to the proximity to this new event.

This event has 3 components: Run Jump Throw Wheel Come Try it and Mini Meet Event, Athletics Canada Hershey Canada Midget Youth series event, and a regular Summer Series event.

Saturday, July 25th: 9-11am Run Jump Throw Wheel Come Try it event
10:30 – 1:30 Summer Series event for JD's, Juniors, Seniors & Master age athletes
1:45 – 6pm Athletics Canada Hershey Canada Midget Youth Day 1 events

Sunday, July 26th: 10am-2pm Athletics Canada Hershey Canada Midget Youth Day 2 events
2-4pm BBQ and Pacific Centre Injury Prevention & Rehabilitation presentation for athletes, coaches and parents.

Schedule of events coming soon.

Register for the Run Jump Throw Wheel Try it and Mini Meet event for \$5 at

<https://www.trackie.com/online-registration/register.php?id=2311>

Register for the Athletics Canada Hershey Canada Midget Youth Series (\$10 per event) at

<https://www.trackie.com/online-registration/register.php?id=2319>

Register for the July 25th Summer Series event (\$10 flat fee) at

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

NOTE: All athletes, with the exception of the Run Jump Throw Wheel Come Try it event participants, **MUST** be members of BC Athletics or Athletics Canada to compete in this meet and the July 28th Summer Series meet. This is in compliance with the BC Athletics rule that participation in BC Athletics sanctioned events post June 30, is only open to BC Athletics or Athletics Canada members. School memberships expire as of June 30th midnight. You can find more information and apply for your BC Athletics Membership at <http://www.bcatletics.org/Membership/> Your membership would be valid until December 31st 2015 and eliminates the need to pay the additional \$3 day of event fee for xcountrry and road events, allows entry to July and August track and field members, ranks your results nationally and supports our governing body, BC Athletics.

Tuesday July 28 – Summer Series #5 – registration open soon

This meet is offered as a chance to compete one more time before the summer break and set or break club relay records!!! 4x100 and 4x800 relays are guaranteed (unless there are no entries!!). The focus has changed from being a relay meet only to a meet that includes and encourages relays. Individual events will be 100m, 200m, 100m skipping (speed ropes – this is harder than you think!!), 600m steeplechase (barriers at 30", water but no water jump barrier), Entry fee will include a BBQ at the end of the meet. At the moment, the following events will be offered:

Track

100m
4x800m
4x100m
1000 open to all
200m
100m 2nd chance
100m rope skipping event
Modified steeplechase event

Field

High Jump
Long Jump
Discus
Shot Put

** additional relays will be considered if there are participants

Field – individual and relay format – For the relay, 3 individuals each score their best performance (for example: HJ 1.20, 1.50, 1.15 for a total of 3.85m for the team)

Standard Running Relays will be separated in results according to all female club teams, all male club teams (all members of a team must belong to the same club), and mixed teams. The oldest member of the team dictates the age of the relay team.

Field event relays – must all be members of the same club. Categories are 9-11, 12-13, midget, youth-senior, master. Teams consist of 3 members – can be all female, all male or 2 females and 1 male. No mixed club/unattached teams.
HJ relay, LJ relay, SP relay and Discus Relay

Individual results will be recorded and posted.

PLUS, the final Track Rascal event of the year 6-7pm