

Ocean Athletics "Bring the Heat!"

Tuesday, July 4, 2023

5:30-8:30pm

Date: Tuesday, July 4th

Where: South Surrey Athletic Park Track & Field Facility

Time: First track event 5:30 pm / Field 6pm Last event 8:15 start

Events: (2000/3000SC if enough interest) 100, 200, 300/400, 600/800, JD Hurdles, HJ, LJ, Shot Put, Javelin

Eligibility: JDs (U14 = 2010/11, U12 =2012/13, 2014), U16, U18, U20, Seniors, Masters

Entry price: \$8 per event Entries close Saturday July 1, midnight. Late Entry fee = \$15 - Deadline Monday, July 3 - 12noon. NO "DAY OF" ENTRIES !!

Event Registration: Trackie

Bib# pickup: Opens 4pm

Track: 5:30pm Start Rolling schedule, events run oldest to youngest with females going first in all groupings (exception is hurdles). Once entries have been closed, a tentative schedule will be posted

3000mSC, 2000mSC (women followed by men) * if insufficient interest, event(s) will be cancelled

JD Hurdles 80m - 2010B, 80m 2010G, 80m 2011B, 80m 2011G,
60m – 2012/2013 BG, 2014 B,G

100m

800m, 600m

200m

300/400m

Field: 6pm start

HIGH JUMP

Pit #1

Senior, U20, U18, U16 men

2010/11 Boys

2012/13 Boys

2014 Boys

Pit #2

Senior, U20, U18, U16 Women

2010/11 Girls

2012/13 Girls

2014 Girls

LONG JUMP

Pit #1

Open (Senior, U20, U18, U16, Masters) Men

** 4 jumps max

2014 boys

2012/2013 boys

2010/11 Boys

Pit #2

Open (Senior, U20, U18, U16, Masters) Women

** 4 jumps max

2014 girls

2013/2012/ 2011 girls

2010/11 Girls

Shot Put

2013/14 girls, followed by 2013/14 boys

2012/2011/10 girls followed by 2012/2011/10 boys

Open Men (U16, U18, U20, Seniors, Masters) (4 throws max)

Open Women (U16, U18, U20, Seniors, Masters) (4 throws max)

Javelin

Open Women (U16, U18, U20, Seniors, Masters) (4 throws max)

Open Men (U16, U18, U20, Seniors, Masters) (4 throws max)

2010/2011/2012/13 Boys, followed by 2010/2011/2012/13 Girls