



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



Summer Series #4 Tuesday, July 18

Welcome to the final event of the Tuesday evening 2017 Summer Series !! Thanks to everyone for your support of the series this summer. Best wishes for the remainder of your 2017 season.

The meets are run on a rolling schedule which means one event follows the previous event as quickly as is possible – there are no set times, only approximated start times. Athletes should be prepared for a 6pm start on the track and have High Jump and Long Jump marks set in advance. Due to the compact nature of the series meets, Long Jumpers and Throwers are guaranteed 3 attempts, but further attempts are at the discretion of the BCA officials and will depend on the number of participants.. Events with no pre-entry will be removed from the meet.

JD Events = 60m, 100m, 200m (2004-2006 only) ,800/600m, Sprint Hurdles, 200m Hurdles (2004, 2005 only), Long Jump, High Jump, Javelin, Discus, **Triple Jump (2004 & older)**

Midget & older Events = 60m, 100m, 200m, 800m, 400mH, High Jump, Long Jump, Javelin, Discus, Pole Vault (2.70m starting ht), **Triple Jump (2004 and older)**

Track:

5:30pm 400mH (youth, junior, senior), 300mH (midgets)
5:45pm 60m (masters through to 2008)
6pm Track Rascal event
100m
800m, 600m
JD hurdles (80mH 2004M, 2004F, 2005M, 2005F) (60mH 2006M, 2006F, 2007M, 2007F, 2008M, 2008F)
400m, 300m, 200m
200H (JD's only)

*** special events 100m rope skipping dash + 800m Steeplechase – yes, with water jump!!! Bring a towel !! – no additional sign up required but must be registered in the meet.

Field

530pm Discus (2004-2007 Males followed by Females) *3 attempts only
Javelin (2004-2007 Females followed by Males) * 3 attempts only
Long Jump (2004-2008 Females followed by Males) * 3 attempts only
****** Triple Jump (2004 and older Men and Women) ADDED EVENT**

6pm Pole Vault
High Jump - 2 pits organized according to ability

6:30pm *****Long Jump(Midget & older Men followed by Midget & Older Women) START TIME CHANGE**

7:00pm Javelin (Midget & older Males & Females)
Discus (Midget & older Males & Females)

Registration

Registration is through Trackierereg. www.Trackierereg.com Cost of event is flat fee \$10.00 – unlimited #events (athletes fit in what they can). As per BC Athletics ruling, non-current BC Athletics members may not participate in this meet. After June 30, only full BC Athletics members may compete in BC Athletics sanctioned events. Information on BC Athletics membership can be found at <http://www.bcathletics.org/Clubs/Membership/>.

