



**2017**  
**Ocean Athletics Summer Series**  
**BC Athletics Sanctioned Event**  
**South Surrey Track**  
**14600 20<sup>th</sup> Avenue, Surrey**



## Summer Series #2 Tuesday, July 4

Welcome to the second event of the Tuesday evenings 2017 Summer Series !! Ocean Athletics hopes that Event #1 was successful for you. The remaining 2017 event dates are July 11<sup>th</sup> & July 18<sup>th</sup>

As in past series, the meets are run on a rolling schedule which means that one event will follow the previous event as quickly as is possible – there are no set times, only approximations. The number of participants and the performance level will affect the schedule. Long Jump, Triple Jump, & High Jump marks should be set & ready for a 6pm start. Due to the compact nature of the meets, field events are limited to 3 attempts (if the fields are small, officials may deem there is room for more attempts). High Jump will be organized according to set starting heights. Check the starting heights for your appropriate High Jump session.

**JD Events** = 60m, 100m, 200m (2004-2006 only), 1200/1000m, Sprint Hurdles, 200m Hurdles (2004, 2005 only), Hammer (2004, 2005 only), Long Jump, Triple Jump (2004 only) High Jump, Javelin, Discus

**Midget & older Events** = 60m, 100m, 200m, 1200/1500m, Intermediate Hurdles, Hammer, Triple Jump, High Jump, Javelin, Discus, Weight Throw)

### **Track Rolling Schedule** - Oldest to Youngest, Females & then Males (Hurdles are the exception)

- 5:00pm** - 60m – oldest to youngest. Open to all ages 2008 and older.
- 5:45pm** – Track Rascals event (warmup, 50m, long jump, hurdles, shot put, 4x50m relay)
- 6:00pm** –
- 100m
  - 1500m, 1200m, 1000m
    - 1500m Masters M&W, Sr Women, Sr Men, Jr Women, Jr Men, Youth Women, Youth Men
    - 1200m Mid W, Mid M, JD 2004/05 W, JD 2004/05 M
    - 1000m JD 11/10/9 W, JD 11/10/9 M
  - JD hurdles 80mH, 60mH (80mH 13B, 13G, 12B-12G, 60mH 11B-11G-10B-10G, 9B-9G)
  - 200m Masters to 2006
  - 400mH, 300mH, 200mH
    - 400mH – Sr M – Jun M (36”), Youth M (33”) Sr W- Jr W – Youth W (30”)
    - 300mH – Mid Men (30”), Mid Women (30”)
    - 200mH – 2004 males, 2004 females (27”), 2005 males, 2005 females (24”)

### **Field**

- 5:00pm** Hammer
- 6:00pm** Triple Jump (females 2004 and older)  
Long Jump (2004-2008 males)  
High Jump (Females – starting height 1.15), High Jump (Males – starting height 1:20)  
Javelin (midget and older)  
Discus (2004 – 2007))
- 7:30pm** Triple Jump (males 2004 and older)  
Long Jump (2004-2008 females)  
Javelin (2004-2007 males & females)  
High Jump Women – starting height 1.40m  
High Jump Men – starting height 1.60m  
Wt. Throw

## Registration

Registration is through Trackiereg [www.Trackiereg.com/2017SummerSeries#2](http://www.Trackiereg.com/2017SummerSeries#2) On-line registration closes at midnight on Sunday, July 2, 2017. Registration fee is a flat \$10 – unlimited events but events do not wait for athletes. This meet is run on a rolling schedule. Non-current BC Athletics full members, including training or school memberships are not eligible for this meet. Go to BC Athletics to become a member now!!! <http://www.bcatletics.org/Membership/> Registrations will be accepted on site from 4pm – 6:30pm at a late fee of \$20.00.