

**Ocean Athletics Spring Breaker**  
**Saturday, March 18, 2023**  
**South Surrey Athletic Park Track & Field Facility - 11am – 3pm**

**Time:** 11am – 3pm \*\* Bib Pickup opens at 9:30am, *Facility open for use at 10am*

**Events:** 100, 200, 300/400, 800, Mile, 3000, LJ, HJ, Shot Put, Javelin (not open to 2014), JD Hurdles, Sprint Hurdles

**Eligibility:** JDs (U14 = 2014-2010), U16, Open (U18, U20, Seniors, Masters)

**Entry price:** \$8 per event Entries close Wednesday March 15 at 10pm. Late Entry Deadline Thursday March 16 at Midnight. Late entry fee \$15 per event. NO "DAY OF" ENTRIES!! \*\* TRACK RASCAL EVENT \$5

**Event Registration:** Trackiereg

**TRACK RASCAL EVENT:** BIB PICKUP 10AM - START 10:15 (60M SPRINT, 60M HURDLES, LONG JUMP, TURBO JAVELIN)

**Track: 11am -** Rolling schedule, events run oldest to youngest with females going first in all groupings (exception in hurdles). Once entries have been closed, a tentative schedule will be posted, If insufficient entries, those events may be cancelled.

800m/600m

Sprint Hurdles: 110, 100, 80

JD Hurdles: 80m 2010B, 80m 2010G, 80m 2011 B&G, 60m 2012 B/G, 60m 2013 B/G, 60m 2014 B/G

100m

3000m

200m

Inaugural Mo's Mile \*

400m/300m

2<sup>nd</sup> chance 100m if time (no additional 100m entry fee)

**Field: 11am –** Rolling schedule

**HIGH JUMP** 2 pits *\*if enrollment warrants it, and officials are available.*

Senior, U20, U18, U16 men

Senior, U20, U18, U16 Women

2010,2011 Girls

2013,2012 Boys

2013, 2012 Girls

2010, 2011 Boys

2014 Girls

2014 Boys

**LONG JUMP** 2 Pits *\*if enrollment warrants it, and officials are available* OPEN – 4 JUMPS MAX, JDS – 3 JUMPS

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

2010/2011 boys 2010/2011 girls

2012/2013 boys 2012/2013 girls

2014 boys 2014

**Shot Put: if enough officials available, we will run to shot put events simultaneously – JDs at one sector, Open category at another JDS – 3 THROWS MAX, OPEN – 4 THROWS MAX**

2014 girls, followed by 2014 boys

2012/2013 girls followed by 2012/2013 boys

2010/2011 girls followed by 2010/2011 girls

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

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

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

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

2010/2011 Boys, followed by 2010/2011 Girls (3 throws)

2012/2013 Boys, followed by 2011/2013 Girls (3 throws)