



Ocean Athletics OutaTime
Saturday, April 8, 2023 -10am-3pm
South Surrey Athletic Park Track & Field Facility

Time: 10am – 3pm ** Bib Pickup opens at 8:30am, *Facility open for warmup at 9am*

Events: 60m, 100m, 200m, 300/400m, 600/800m, 1000m/1200m/1500m, 1500/2000mSC, Sprint Hurdles 80mH, 100mH, 110mH (U16, U18, U20), LJ, HJ, Shot Put, Javelin, Track Rascal Event

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

Entry price: \$8 per event Entries close Wednesday April 5 at midnight. NO LATE ENTRIES. NO "DAY OF" ENTRIES!!

** TRACK RASCAL EVENT \$5

Event Registration: www.Trackiereg.com/2023OAOOUTATIME

TRACK RASCAL EVENT: 9:45am Start (60M SPRINT, 60M HURDLES, LONG JUMP, TURBO JAVELIN) – Events run one after another

Track: 10am - Rolling schedule, events run oldest to youngest with females going first in all groupings (with exception of hurdles). Once entries have been closed, a tentative schedule will be posted. If insufficient entries, those events may be cancelled.

60m (2015-2017 only)

800m/600m

Sprint Hurdles: 110mH/100mH/80mH (U16 & Older only – no masters hurdles,)

400/300

2000SC/1500SC

200m

1500/1200m/1000m

100m

2nd chance 100m if time (no additional 100m entry fee if already entered in the meet)