



Ocean Athletics OutaTime Track Trials, Sat, April 8, 2023 South Surrey Athletic Park Track & Field Facility 10am – 4pm

** Bib Pickup opens at 8:30am, - Facility opens for warmup at 8:30am

Events: 60m, 100m, 200m, 300/400m, 600/800m, 1000/1200/1500m, 1500/2000SC, Sprint Hurdles (U16, U18, U20), JD sprint hurdles, Track Rascal

Event Eligibility: Track Rascals (2017-2015), 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 (SPRINT, HURDLES, LONG JUMP, TURBO JAVELIN) – Events run one after another

Track: 10am - Rolling schedule - Listed Times are **tentative**. Except for the first event, all events CAN go ahead 30 min

10am 2000mSC (U18 & older) followed by 1500mSC U16, U18)

JDs only

10:30am 800m/600m

10:50am 80mH 2010B - 80mH 2010G - 80mH 2011 B&G - 60mH 2012/2013 B&G - 60mH 2014 B&G

11:15am 200 (2010-2012 only)

11:30am 60m (2012-2014 only)

11:50am 1200/1000m

12:15pm 100m

12:30 4x100 - Sign up Saturday

U16 & older

12:45 100m

1:10pm 800m

1:35pm Sprint Hurdles: 110mH, 100mH, 80mH (U16 & Older only – no masters hurdles,)

1:55pm 400/300

2:10pm 1500m (U16 and older)

2:30pm 200m

3pm 2nd chance 100m if time (no additional 100m entry fee if already entered in the meet)

3:20 4x100m – sign up is on Saturday – no extra fees if already signed up in the meet