



Battle of BC High School Track Meet April 29, 2023 Hillside Stadium, Kamloops, BC

TENTATIVE TRACK SCHEDULE – Mar 1/23

NOTE 1: The schedule is considered “flexible” and may have to be altered depending on the number of entries in each event. However, the meet will not begin before posted starting time. All events are timed finals. Age groups may be combined at the discretion of officials. **It will be a ‘rolling schedule’:** as soon as one event is completed, the next one will begin in the order shown below.

Track Schedule TENTATIVE (Mar 1, 2023)

Saturday, April 29 Track

<p>1. 400mH Sr Girls/Boys 9:00 am</p> <p>2. 300mH Jr Girls/Boys 9:05 am.</p> <p>3. 200mH Gr. 8 Girls/Boys 9:10 am</p> <p>4. 100m 7/8 Girls 9:20 am</p> <p>5. 100m 7 Boys 9:25 am</p> <p>6. 100m 8 Boys 9:30 am</p> <p>7. 100m Jr Girls 9:35 am</p> <p>8. 100m Jr Boys 9:45 am</p> <p>9. 100m Sr Girls 9:50 am</p> <p>10. 100m Sr Boys 10:00 am</p> <p>11. 1500m 7/8 Girls 10:15 am</p> <p>12. 1500m 7/8 Boys 10:20 am</p> <p>13. 1500m Jr/Sr Girls 10:25 am</p> <p>14. 1500m Jr/Sr Boys 10:25 am</p> <p>15. *4 x 100m 7 Girls 11:00 am</p> <p>16. *4 x 100m 7 Boys 11:00 am</p> <p>17. *4 x 100m 8/Jr Girls 11:00 am</p> <p>18. *4 x 100m 8/Jr Boys 11:00 am</p> <p>19. *4 x 100m Sr. Girls 11:00 am</p> <p>20. *4 x 100m Sr. Boys 11:00 am</p> <p>*(relay start times determined by numbers of teams)</p> <p>21. 110mH Sr Boys 11:20 am</p> <p>22. 100mH Jr Boys 11:30 am</p> <p>23. 100mH 8 Boys 11:30 am</p> <p>24. 100mH Sr. Girls 11:30 pm</p>	<p>25. 80mH Jr Girls 11:40 am</p> <p>26. 80mH Gr 8 Girls 11:50 am</p> <p style="text-align: center;">*Lunch break on the track</p> <p>27. 200m Gr 7 Boys 12:30 pm</p> <p>28. 200m Gr 7/8 Girls 12:30 pm</p> <p>29. 200m Gr 7/8 Boys 12:35 pm</p> <p>30. 200m Jr Girls 12:43 pm</p> <p>31. 200m Jr Boys 12:55 pm</p> <p>32. 200m Sr. Girls 1:05 pm</p> <p>33. 200m Sr. Boys 1:15 pm</p> <p>34. 800m 7/8 Boys 1:10 pm</p> <p>35. 800m Jr Girls 1:25 pm</p> <p>36. 800m Jr/Sr Boys 1:30 pm</p> <p>37. 800m Sr. Girls 1:35 pm</p> <p>38. 4x400m (all ages) 1:55 pm</p> <p style="color: red;">(This event is to provide athletes an opportunity for athletes to compete in a 400m race)</p> <p>*(Number of relays determined by the number of teams)</p> <p>Steeplechase – there will only be two races – Female and Male</p> <p>34. 1500m SC Jr Girls, Sr Girls (30”) 2:15 pm</p> <p>35. 1500m SC Jr Boys, Sr. Boys (30”) 2:25 pm</p> <p>* Schools are welcomed and encouraged to form unattached relay teams for faster relay squads.</p>
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BATTLE OF BC IMPLEMENT AND HURDLE SPECS

	HURDLES	SHOT PUT	DISCUS	JAVELIN	HAMMER
Gr 8 Girls	80m – 30" (0.762m)	3 kg	1 kg	500 g	3 kg
Jr Girls	80m – 30" (0.762m)	3 kg	1 kg	500 g	3 kg
Sr Girls	100m – 33" (0.838m)	4 kg	1 kg	600 g	4 kg
Gr 8 Boys	100m – 33" (0.838m)	4 kg	1 kg	600 g	4 kg
Jr Boys	100m – 36" (0.914m)	5 kg	1.5 kg	700 g	5 kg
Sr Boys	110m – 36" (0.914)	6 kg	1.75 kg	800 g	6 kg

Visit www.kamtrack.ca for full results

Hurdle Specifications

BOYS	Distance	Height	# Hurdles	S>1st H	H<>H	H>F
Grade 8	100m	33" (0.84m)	10	13.0m	8.50m	10.50m
Junior	100m	36" (0.914m)	10	13.0m	8.50m	10.50m
Senior	110m	36" (0.914m)	10	13.72m	9.14m	14.02m
Grade 8	200m	30" (0.762m)	5	20.0m	35.0m	40.0m
Junior	300m	33" (0.84m)	7	50.0m	35.0m	40.0m
Senior	400m	36" (0.914m)	10	45.0m	35.0m	40.0m

GIRLS	Distance	Height	# Hurdles	S>1st H	H<>H	H>F
Grade 8	80m	30" (0.762m)	8	12.0m	8.0m	12.0m
Junior	80m	30" (0.762m)	8	12.0m	8.0m	12.0m
Senior	100m	33" (0.84m)	10	13.0m	8.50m	10.50m
Grade 8	200m	30" (0.762m)	5	20.0m	35.0m	40.0m
Junior	300m	30" (0.762m)	7	50.0m	35.0m	40.0m
Senior	400m	30" (0.762m)	10	45.0m	35.0m	40.0m

Steeplechase

BOYS	Distance	Height	#Barriers	# Water Jumps	Total
Junior	1500m	30" (0.762m)	12	3	15
Senior	- if interested, Sr Boys will run the Jr Steeple				

GIRLS	Distance	Height	#Barriers	# Water Jumps	Total
Junior	1500m	30" (0.762m)	12	3	15
Senior	1500m	30" (0.762m)	12	3	15

Suggested hurdle order (competition planning):

- Senior Boys 110m @ 36" (0.914m)
 - Junior Boys 100m @ 36" (0.914m)
 - Senior Girls 100m @ 33" (0.840m)
 - Grade 8 Boys 100m @ 33" (0.840m)
 - Junior Girls 80m @ 30" (0.762m)
 - Grade 8 Girls 80m @ 30" (0.762m)