

North and West Okanagan Zone TRACK AND FIELD CHAMPIONSHIPS

Hillside Stadium in Kamloops - Tuesday May 19, 2023

***ALL TRACK TIMES ARE APPROXIMATE ***

TENTATIVE Track Schedule – as of Mar. 12, 2023

TIME	EVENT	AGE	
9:30 A.M.	1500m Racewalk	all categories	4
9:45 A.M.	400M Hurdles	SR Girls and Boys	4/2
9:50 A.M.	300M Hurdles	JR Girls and Boys	3/2
10:00 A.M.	200m Hurdles	Gr 8 Girls and Boys	2/2
10:05 A.M.	3000 Meters	Gr 8, JR and SR Girls	0/7/3
10:15 A.M.	3000 Meters	Gr 8, JR and SR Boys	2/6/3
10:30 A.M.	110M Hurdles	SR Boys	4
10:40 A.M.	100M Hurdles	SR Girls	4
10:50 A.M.	100M Hurdles	Gr 8 BOYS & JR Boys	1/2
11:00 A.M.	80M Hurdles	JR Girls & Gr 8 Girls	2/4
11:10 A.M.	200M	Gr 8 Girls	11
11:20 AM	200M	Gr 8 Boys	8
11:25 AM	200M	SR Girls	8
11:30 AM	200M	SR Boys	9
11:40 A.M.	200M	Jr Girls	6
11:45 PM	200M	Jr Boys	15
LUNCH			
12:25 P.M.	1500M	SR Boys	8
12:30 P.M.	1500M	JR & SR Girls	13/4
12:40 P.M.	1500M	Jr Boys	10
12:45 P.M.	1500M	8 Girls & Gr 8 Boys	2/4
12:55 P.M.	100M	SR Girls	10
1:10 P.M.	100M	SR Boys	7
1:15 P.M.	100M	JR Girls	12
1:25 P.M.	100M	JR Boys	15
1:35 P.M.	100M	8 Girls	16
1:50 P.M.	100M	8 Boys	8
1:55 P.M.	800M	SR Girls	5
2:00 PM	800M	JR & SR Boys	8/3
2:05 P.M.	800M	JR Girls	14
2:10 P.M.	800M	8 Girls	7
2:15 P.M.	800M	8 Boys	5
2:20 P.M.	400M	SR Girls	5
2:25 P.M.	400M	SR Boys	6
2:30 PM	400M	JR Girls	5
2:35 PM	400M	JR Boys	4
2:40 P.M.	400M	Gr 8 Girls	7
2:45 P.M.	400M	Gr 8 Boys	5
2:50 P.M.	1500MSTEEPLE	JR Boys & Jr/Sr Girls	4/4/2
3:00 P.M.	2000M STEEPLE	SR Boys	5
3:10 P.M.	4 x 100M	SR Boys	2
3:10 P.M.	4 x 100M	SR Girls	2
3:15 P.M.	4 x 100M	JR Boys	5
3:20 P.M.	4 x 100M	JR Girls	4
3:25 P.M.	4 x 100M	8 Boys	1
3:30 P.M.	4 x 100M	8 Girls	1
3:40 P.M.	4 x 400M	SR & JR Boys	2/2
3:45 P.M.	4 x 400M	SR Boys & JR Girls	1/3
3:50 P.M.	4 x 400M	8 Girls & 8 Boys	1/1

Entry Limits

Each school may enter (**please check carefully**)

- 3 grade 8 athletes per event
- 3 Jr athletes per event
- 3 Sr athletes per event

Individual athletes can enter a maximum of 3 events. In addition, each athlete can also be in 2 relays.

Fees Payable

\$20 per athlete to a maximum of \$400 per school, if all registrations from the school come in together. Plus \$3 per athlete if the athlete or school are not members of BC Athletics. If paying by cheque, make cheque payable to Kamloops Track and Field Club

Qualifying for the Okanagan Valley Championship

(Kamloops - Thursday, May 18, 2023 – Tentative start time is 9:30 am)

By Invitation Only From This Zone Meet

- Seniors - Top 3 seniors from each of the North and the West Zones
- Juniors – Top 3 juniors from each of the North and the West Zones
- Grade 8 – Top 3 Grade 8s from each of the North and the West Zones

Online Registration Link

<http://www.trackiereg.com/>

Visit www.kamtrack.ca/liveresults for results. Zone coordinators will be sent the list of potential advancers.

Throws Specifications

Girls	Shot Put	Hammer Throw	Discus Throw	Javelin Throw
Senior	4 kg	4 kg	1 kg	600 g
Junior	3 kg	3 kg	1 kg	500 g
Grade 8	3 kg	3 kg	1 kg	500 g

Boys	Shot Put	Hammer Throw	Discus Throw	Javelin Throw
Senior	6 kg	6 kg	1.75 kg	800 g
Junior	5 kg	5 kg	1.5 kg	700 g
Grade 8	4 kg	4 kg	1 kg	600 g

Hurdle Specifications

Girls	Dist	Ht	# of hurdles
Gr 8	80m	30"	8 (12-8-12)
Gr 8	200m	30"	5 (20-35-40)
Junior	80m	30"	8 (12-8-12)
Junior	300m	30"	7 (50-35-40)
Senior	100m	33"	10 (13-8.5-10.5)
Senior	400m	30"	10 (45-35-40)

Boys	Dist	Ht	# of hurdles
Gr 8	100m	33"	10 (13-8.5-10.5)
Gr 8	200m	30"	5 (20-35-40)
Junior	100m	36"	10 (13-8.5-10.5)
Junior	300m	33"	7 (50-35-40)
Senior	110m	36"	10 (13.72-9.14-14.02)
Senior	400m	36"	10 (45-35-40)

Steeplechase Specifications

Girls	Distance	Height	Barriers
Open Junior	1500m	30" - water	12 barriers, 3 water
Senior	1500m	30" - water	12 barriers, 3 water

Boys	Distance	Height	Barriers
Open Junior	1500m	30" - water	12 barriers, 3 water
Senior	2000m	33" - water	18 barriers, 5 water

Due to potential injury, coaches are requested to NOT enter athletes in Hurdle events if they haven't previously practised and competed in hurdles.