

Okanagan Zones TRACK AND FIELD CHAMPIONSHIPS

Hillside Stadium in Kamloops - Thursday, May 18, 2023

All Races are Timed Finals

TENTATIVE Schedule (as of Mar 12, 2023)

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

Entry Limits

Each zone may enter

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

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

Fees Payable

\$10 per athlete per event to a maximum of \$400 per school plus \$5 per athlete Administration Fee. If paying by cheque, make cheque payable to Kamloops Track and Field Club

Qualifying for the Provincial High School Championship (Langley, June 8-10, 2023)

- Seniors - Top 4 seniors
- Juniors – Top 4 juniors
- Grade 8 – gr. 8's will be submitted by coaches as in past years. Zone coordinators have provided information about how to register for that.

Visit www.kamtrack.ca/liveresults during and after the meet for event results.

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
Junior	80m	30"	8
Senior	100m	33"	10
Gr 8	200m	30"	5
Junior	300m	30"	7
Senior	400m	30"	10
Boys	Dist	Ht	# of hurdles
Gr 8	100m	33"	10
Junior	100m	36"	10
Senior	110m	36"	10
Gr 8	200m	30"	5
Junior	300m	33"	7
Senior	400m	36"	10

Steeplechase Specifications

Girls		
Open Junior	1500m	30" - water
Senior	1500m	30" - water

Boys		
Open Junior	1500m	30" - water
Senior	2000m	33" - water