

Okanagan Zones TRACK AND FIELD CHAMPIONSHIPS

Hillside Stadium in Kamloops - Wednesday, May 24, 2023

All Races are Timed Finals

REVISED FINAL Schedule (as of May 23, 2023)

| TIME | EVENT | AGE | |
|----------|---------------|-----------------------|-------|
| 3:00 pm | 400M Hurdles | SR Boys | 3 |
| 3:05 pm | 400m Hurdles | SR Girls | 4 |
| 3:15 pm | 300M Hurdles | JR Boys | 8 |
| 3:25 pm | 300M Hurdles | JR Girls | 7 |
| 3:35 pm | 200M Hurdles | Gr 8 Boys | 6 |
| 3:40 pm | 200m Hurdles | Gr 8 Girls | 7 |
| 3:45 pm | 3000 Meters | Gr 8, JR & SR Girls | 5/3/6 |
| 4:00 pm | 3000 Meters | JR and SR Boys | 7/6 |
| 4:15 pm | 3000 Meters | Gr 8 Boys | 6 |
| 4:30 pm | 110M Hurdles | SR Boys | 3 |
| 4:40 pm | 100M Hurdles | JR Boys | 5 |
| 4:50 pm | 100M Hurdles | SR Girls | 9 |
| 5:10 pm | 100M Hurdles | Gr 8 Boys | 6 |
| 5:20 P.M | 80M Hurdles | Jr Girls | 11 |
| 5:30 pm | 80M Hurdles | Gr 8 Girls | 6 |
| 5:35 pm | 200M | SR Girls | 10 |
| 5:45 pm | 200M | SR Boys | 8 |
| 5:50 pm | 200M | JR Girls | 12 |
| 6:00 pm | 200M | JR Boys | 10 |
| 6:10 pm | 200M | Gr 8 Girls | 12 |
| 6:20 pm | 200M | Gr 8 Boys | 9 |
| 6:25 pm | 1500M | SR and JR Girls | 8/6 |
| 6:35 pm | 1500M | JR Boys | 11 |
| 6:45 pm | 1500M | SR Boys | 7 |
| 6:50 pm | 1500M | Gr 8 Girls | 8 |
| 6:55 pm | 1500M | Gr 8 Boys | 6 |
| 7:05 pm | 100M | SR Girls | 12 |
| 7:15 pm | 100M | SR Boys | 7 |
| 7:20 pm | 100M | JR Girls | 13 |
| 7:25 pm | 100M | JR Boys | 12 |
| 7:35 pm | 100M | Gr 8 Girls | 12 |
| 7:45 pm | 100M | Gr 8 Boys | 10 |
| 7:50 pm | 800M | SR & JR Girls | 5/8 |
| 7:55 pm | 800M | SR Boys | 7 |
| 8:00 pm | 800M | JR Boys | 10 |
| 8:05 pm | 800M | Gr 8 Girls | 7 |
| 8:10 pm | 800M | Gr 8 Boys | 9 |
| 8:15 pm | 400M | SR Girls | 6 |
| 8:20 pm | 400M | SR Boys | 6 |
| 8:25 pm | 400M | JR Girls | 8 |
| 8:30 pm | 400M | JR Boys | 7 |
| 8:35 pm | 400M | Gr 8 Girls | 12 |
| 8:40 pm | 400M | Gr 8 Boys | 8 |
| 8:50 pm | 1500M STEEPLE | JR Boys & Jr/Sr Girls | 5/3/4 |
| 9:00 pm | 2000M STEEPLE | SR Boys | 4 |
| 9:10 pm | 4 x 100M | SR Girls | 8 |
| 9:15 pm | 4 x 100M | SR Boys | 6 |
| 9:20 pm | 4 x 100M | JR Girls | 8 |
| 9:25 pm | 4 x 100M | JR Boys | 8 |
| 9:28 pm | 4 x 100M | Gr 8 Girls | 7 |
| 9:32 pm | 4 x 100M | Gr 8 Boys | 7 |

| | | | |
|----------|----------|------------|---|
| 9:35 pm | 4 x 400M | SR Girls | 6 |
| 9:40 pm | 4 x 400M | SR Boys | 5 |
| 9:50 pm | 4 x 400M | JR Girls | 4 |
| 9:55 pm | 4 x 400M | JR Boys | 6 |
| 10:00 pm | 4 x 400M | Gr 8 Girls | 5 |
| 10:05 pm | 4 x 400M | Gr 8 Boys | 4 |

Fees Payable

\$10 per athlete per event to a maximum of \$400 per school plus \$2 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.

Once an athlete has been notified and will NOT attend the provincial championships, the zone coordinator must be informed right away so that the next in line for each event can be informed.

Visit www.kamtrack.ca/liveresults or scan the QR code below 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 | 12x30" - water |
| Senior | 1500m | 12x30" - water |
| | | |

| Boys | | |
|--------------------|-------|----------------|
| Open Junior | 1500m | 12x30" - water |
| Senior | 2000m | 18x33" - water |
| | | |