



Best Western Battle of the Border High School Track Meet Saturday, April 28th, 2018 Hillside Stadium, Kamloops, BC



BEST WESTERN BATTLE OF THE BORDER INVITATIONAL – **Tentative SCHEDULE** (Mar. 17, 2018)

Note: Schedule is considered “flexible” and may have to be altered depending on numbers of entries. 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 done, the next one will begin in the order shown below.

Track Events Schedule

Coachs’ Meeting (at finish line)	8:45 am		
1. 3000m Jr/Sr Girls	9:00 am	21. 110mH Sr Men	1:30 pm
2. 3000m Jr/Sr Boys	9:15 am	22. 200m 8 Girls	1:40 pm
3. 100m 8 Girls	9:30 am	23. 200m 8 Boys	1:45 pm
4. 100m 8 Boys	9:35 am	24. 200m Jr Girls	1:55 pm
5. 100m Jr Girls	9:40 am	25. 200m Jr Boys	2:10 pm
6. 100m Jr Boys	9:55 am	26. 200m Sr. Women	2:25 pm
7. 100m Sr Women	10:10 am	27. 200m Sr. Men	2:35 pm
8. 100m Sr Men	10:25 am	28. 800m 8 Girls	3:10 pm
9. 1500m 8 Girls/Boys	11:00 am	29. 800m 8 Boys	3:15 pm
10. 1500m Jr Girls/Boys	11:15 am	30. 800m Jr Girls	3:20 pm
11. 1500m Sr. Women	11:30 am	31. 800m Jr Boys	3:25 pm
12. 1500m Sr. Men	11:40 am	32. 800m Sr. Women	3:30 pm
		33. 800m Sr. Men	3:35 pm
13. *4 x 100m 8/Jr Girls	12:15 pm	*30. 4x400 8/Jr./Sr Girls	3:45 pm
14. *4 x 100m 8/Jr Boys	12:20 pm	*31. 4x400 8/Jr./Sr Boys	3:50 pm
15. *4 x 100m Sr. Women	12:25 pm	*32. 4x400 Sr Women	3:30 pm
16. *4 x 100m Sr. Men	12:25 pm	*33. 4x400 Sr Men	3:45 pm
17. 80mH 8,Jr Girls	1:00 pm	Steeplechase – there will only be two races – Female and Male	
18. 100mH Sr. Women	1:10 pm	34. 1500m SC Jr Girls, Sr Women (30’’)	3:55 pm
19. 100mH 8 Boys	1:15 pm	35. 1500m SC Jr Boys, Sr. Boys (30’’)	4:05 pm
20. 100mH Jr Boys	1:25 pm		
		* Schools are welcomed and encouraged to combine teams to form faster relay squads.	

* Note: There will be pole vault offered for girls starting at 10:30 am and boys starting at about 1:00 pm

BATTLE OF THE BORDER 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	33" (0.84m)	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"
- Junior Boys 100m @ 36"
- Senior Girls 100m @ 33"
- Grade 8 Boys 100m @ 33"
- Junior Girls 80m @ 30"
- Grade 8 Girls 80m @ 30"