

North and West Okanagan Zone TRACK AND FIELD CHAMPIONSHIPS
Hillside Stadium in Kamloops- Tuesday May 8, 2017
***ALL TRACK TIMES ARE APPROXIMATE ***

Tentative Track Schedule – March 20, 2018

TIME	EVENT	AGE
9:30 A.M.	1500m Racewalk	all categories
9:45 A.M.	400M Hurdles	SR Girls and Boys
9:55 A.M.	300M Hurdles	JR Girls and Boys
10:00 A.M.	200m Hurdles	Gr 8 Girls and Boys
10:05 A.M.	3000 Meters	Gr 8, JR and SR Boys
10:15 A.M.	3000 Meters	Gr 8, JR and SR Girls
10:25 A.M.	80M Hurdles	8 Girls & JR Girls
10:45 A.M.	100M Hurdles	SR Girls
10:55 A.M.	100Mh	8 BOYS & JR Boys
11:05 A.M.	110M Hurdles	SR Boys
11:15 A.M.	200M	8 Girls
11:25 A.M.	200M	JR & SR Girls
11:35 A.M.	200M	JR & SR Boys
11:45 A.M.	200M	8 Boys
LUNCH		
12:15 P.M.	1500M	JR & SR Boys
12:20 P.M.	1500M	JR & SR Girls
12:30 P.M.	1500M	8 Boys
12:40 P.M.	1500M	8 Girls
12:50 P.M.	100M	SR Boys
1:00 P.M.	100M	JR Boys
1:10 P.M.	100M	SR Girls
1:10 P.M.	100M	JR Girls
1:20 P.M.	100M	8 Boys
1:20 P.M.	100M	8 Girls
1:30 P.M.	800M	JR & SR Boys
1:40 P.M.	800M	JR & SR Girls
1:50 P.M.	800M	8 Boys
2:00 P.M.	800M	8 Girls
FINALS FOR 200M IF REQUIRED		
2:10 P.M.	400M	JR & SR Boys
2:15 P.M.	400M	JR & SR Girls
2:20 P.M.	400M	8 Boys
2:25 P.M.	400M	8 Girls
FINALS FOR 100M IF REQUIRED		
2:35 P.M.	1500MSTEEPLE	JR Boys & Jr/Sr Girls
2:45 P.M.	2000M STEEPLE	SR Boys
3:00 P.M.	4 x 100M	SR Boys
3:00 P.M.	4 x 100M	JR Boys
3:10 P.M.	4 x 100M	SR Girls
3:10 P.M.	4 x 100M	JR Girls
3:20 P.M.	4 x 100M	8 Boys
3:20 P.M.	4 x 100M	8 Girls
Possible break to give athletes a bit of rest		
3:30 P.M.	4 x 400M	SR Boys
3:30 P.M.	4 x 400M	JR Boys
3:40 P.M.	4 x 400M	SR & JR Girls
3:50 P.M.	4 x 400M	8 Boys
3:50 P.M.	4 x 400M	8 Girls

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

\$10 per athlete to a maximum of \$200 per school, if all registration from the school come in together plus \$3 per athlete if 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 - Tuesday, May 15, 2018 – Tentative start time is 9:30 am)

- 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/2018>

-NandWZone

Visit www.kamtrack.ca for 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 (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.