## 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					
	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					
	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	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 <a href="http://www.trackiereg.com/2018">http://www.trackiereg.com/2018</a> -NandWZone

Visit www.kamtrack.ca for results.

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\* Note: There will be pole vault offered for boys and girls starting at 10:30 am

#### **Field Events Schedule**

\*\* Hammer Throw for girls will start as soon as the Boys Hammer is finished be at 2:30pm

Please note that the start times are NOT fixed. Any changes in these start times will be announced over the PA.

Every attempt will be made to give 2 warm-up and 3 attempts for each throwing and horizontal jumps event. In High Jump, if time becomes and issue, the event will stop when 3

	HJ	TJ Pit 1	TJ Pit 2	LJ Pit 1	LJ Pit 2	SP	DT	нт	JT	PV
09:00 AM										
09:15 AM										
09:30 AM	Gr 8 Girls	Sr/Jr Boys	Gr 8 Boys			Jr Boys	Gr 8/Sr Boys Circle 2		Jr Girls	
09:45 AM										
10:00 AM										
10:15 AM										
10:30 AM	Sr Boys	Gr 8 Girls	Jr/Sr Girls			Gr 8/Sr Boys	Gr 8/Sr Girls Circle 2		Jr Boys	Boys & Girls
10:45 AM										
11:00 AM										
11:15 AM										
11:30 AM				Jr Boys	Sr Boys	Jr Girls	Jr Boys Circle 2		Gr 8/Sr Girls	
11:45 AM	Sr Girls									
12:00 PM										
12:15 PM										
12:30 PM						Gr 8/Sr Girls	Jr Girls Circle 2		Gr 8/Sr Boys	
12:45 PM	Jr Girls									
01:00 PM										
01:15 PM				Sr Girls	Jr Girls					
01:30 PM										
01:45 PM	Jr Boys							Jr & Sr Boys Circle 1		
02:00 PM									as soon as the	boys JT is finished
02:15 PM										
02:30 PM	Gr 8 Boys			Gr 8 Girls	Gr 8 Boys			Jr & Sr Girls Circle 1		
02:45 PM									as soon as the	boys HT is finished
03:00 PM										
03:15 PM										
03:30 PM										
04:00 PM										

**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.