



Best Western Battle of the Border High School Track Meet April 26-27, 2019 Hillside Stadium, Kamloops, BC



BEST WESTERN BATTLE OF THE BORDER INVITATIONAL – **Tentative** TRACK SCHEDULE

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 completed, the next one will begin in the order shown below.

Track Schedule Tentative (Mar. 1, 2019)

Friday, April 26 Track

1. 3000m Jr/Sr Girls	6:00 pm
2. 3000m Jr/Sr Girls	6:15 pm
3. 4x400m Relays 8/Jr/Sr Girls	6:45 pm
4. 4x400m Relays 8/Jr/Sr Boys	7:15 pm

Friday, April 26 Field

1. Triple Jump (all Girls)	6:00 pm
2. Triple Jump (all Boys)	7:00 pm

Saturday, April 27 Track

Coachs' Meeting (at finish line)	8:45 am
1. 200mH Gr. 8 Girls/Boys	9:00 am
2. 300mH Jr Girls/Boys	9:10 am.
3. 400mH Sr Girls/Boys	9:20 am
4. 100m 8 Girls	9:30 am
5. 100m 8 Boys	9:35 am
6. 100m Jr Girls	9:40 am
7. 100m Jr Boys	9:55 am
8. 100m Sr Girls	10:10 am
9. 100m Sr Boys	10:25 am
10. 1500m 8 Girls/Boys	11:00 am
11. 1500m Jr Girls/Boys	11:15 am
12. 1500m Sr. Girls	11:30 am
13. 1500m Sr. Boys	11:40 am
14. *4 x 100m 8/Jr Girls	12:15 pm
15. *4 x 100m 8/Jr Boys	12:20 pm
16. *4 x 100m Sr. Girls	12:25 pm
17. *4 x 100m Sr. Boys	12:25 pm
18. 110mH Sr Boys	1:00 pm
19. 100mH Jr Boys	1:10 pm
20. 100mH Sr. Girls	1:15 pm
21. 100mH 8 Boys	1:25 pm

22. 80mH 8,Jr Girls	1:30 pm
23. 200m 8 Girls	1:40 pm
24. 200m 8 Boys	1:45 pm
25. 200m Jr Girls	1:55 pm
26. 200m Jr Boys	2:10 pm
27. 200m Sr. Girls	2:25 pm
28. 200m Sr. Boys	2:35 pm
29. 800m 8 Girls	3:10 pm
30. 800m 8 Boys	3:15 pm
31. 800m Jr Girls	3:20 pm
32. 800m Jr Boys	3:25 pm
33. 800m Sr. Girls	3:30 pm
34. 800m Sr. Boys	3:35 pm
35. Mixed 4x400m (2 girls, 2 boys)	3:50 pm

Steeplechase – there will only be two races – Female and Male

34. 1500m SC Jr Girls, Sr Girls (30")	4:00 pm
35. 1500m SC Jr Boys, Sr. Boys (30")	4:10 pm

*** Schools are welcomed and encouraged form unattached relay teams to form faster relay squads.**

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	36" (0.914m)	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" (0.914m)
 - Junior Boys 100m @ 36" (0.914m)
 - Senior Girls 100m @ 33" (0.840m)
 - Grade 8 Boys 100m @ 33" (0.840m)
 - Junior Girls 80m @ 30" (0.762m)
 - Grade 8 Girls 80m @ 30" (0.762m)