



Best Western Battle of BC High School Track Meet April 30, 2022 Hillside Stadium, Kamloops, BC



Tentative TRACK SCHEDULE

NOTE 1: 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.**

NOTE 2: We may change the order of some of the events as we get close to 3:00 pm on Saturday in order to help out the Alberta schools who have to leave by 3:00 pm.

Track Schedule Tentative (Apr 30, 2022)

Saturday, April 30 Track

Coachs’ Meeting (at finish line) 8:45 am	
1. 200mH Gr. 8 Girls/Boys 9:00 am	22. 80mH 8, Jr Girls 1:35 pm
2. 300mH Jr Girls/Boys 9:05 am.	23. 200m 8 Girls 2:00 pm
3. 400mH Sr Girls/Boys 9:20 am	24. 200m 8 Boys 2:10 pm
4. 100m 8 Girls 9:35 am	25. 200m Jr Girls 2:15 pm
5. 100m 8 Boys 9:45 am	26. 200m Jr Boys 2:30 pm
6. 100m Jr Girls 9:50 am	27. 200m Sr. Girls 2:45 pm
7. 100m Jr Boys 10:10 am	28. 200m Sr. Boys 2:55 pm
8. 100m Sr Girls 10:20 am	29. 800m 8 Girls 3:20 pm
9. 100m Sr Boys 10:35 am	30. 800m 8 Boys 3:30 pm
10. 1500m 8 Girls/Boys 11:00 am	31. 800m Jr Girls 3:34 pm
11. 1500m Jr Girls/Boys 11:10 am	32. 800m Jr Boys 3:38 pm
12. 1500m Sr. Girls 11:30 am	33. 800m Sr. Girls 3:45 pm
13. 1500m Sr. Boys 11:40 am	34. 800m Sr. Boys 3:50 pm
14. *4 x 100m 8/Jr Girls 12:00 pm	35. Mixed 4x400m (2 girls, 2 boys) 3:50 pm
15. *4 x 100m 8/Jr Boys 12:10 pm	
16. *4 x 100m Sr. Girls 12:20 pm	Steeplechase – there will only be two races – Female and Male
17. *4 x 100m Sr. Boys 12:25 pm	34. 1500m SC Jr Girls, Sr Girls (30”) 4:10 pm
18. 110mH Sr Boys 12:40 pm	35. 1500m SC Jr Boys, Sr. Boys (30”) 4:20 pm
19. 100mH Jr Boys 1:00 pm	
20. 100mH Sr. Girls 1:10 pm	* Schools are welcomed and encouraged form unattached relay teams to form faster relay squads.
21. 100mH 8 Boys 1:25 pm	

BATTLE OF BC 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)