

North and West Okanagan Zone TRACK AND FIELD CHAMPIONSHIPS

Hillside Stadium in Kamloops – Tuesday, May 9, 2023

***ALL TRACK TIMES ARE APPROXIMATE ***

TENTATIVE Track Schedule – as of Mar. 22, 2023

TIME	EVENT	AGE
9:30 A.M.	1500m Racewalk	all categories
9:45 A.M.	400M Hurdles	SR Girls and Boys
9:50 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 Girls
10:15 A.M.	3000 Meters	Gr 8, JR and SR Boys
10:30 A.M.	110M Hurdles	SR Boys
10:40 A.M.	100M Hurdles	SR Girls
10:50 A.M.	100M Hurdles	Gr 8 BOYS & JR Boys
11:00 A.M.	80M Hurdles	JR Girls & Gr 8 Girls
11:10 A.M.	200M	Gr 8 Girls
11:20 AM	200M	Gr 8 Boys
11:25 AM	200M	SR Girls
11:30 AM	200M	SR Boys
11:40 A.M.	200M	Jr Girls
11:45 PM	200M	Jr Boys
LUNCH		
12:25 P.M.	1500M	SR Boys
12:30 P.M.	1500M	JR & SR Girls
12:40 P.M.	1500M	Jr Boys
12:45 P.M.	1500M	8 Girls & Gr 8 Boys
12:55 P.M.	100M	SR Girls
1:10 P.M.	100M	SR Boys
1:15 P.M.	100M	JR Girls
1:25 P.M.	100M	JR Boys
1:35 P.M.	100M	8 Girls
1:50 P.M.	100M	8 Boys
1:55 P.M.	800M	SR Girls
2:00 PM	800M	JR & SR Boys
2:05 P.M.	800M	JR Girls
2:10 P.M.	800M	8 Girls
2:15 P.M.	800M	8 Boys
2:20 P.M.	400M	SR Girls
2:25 P.M.	400M	SR Boys
2:30 PM	400M	JR Girls
2:35 PM	400M	JR Boys
2:40 P.M.	400M	Gr 8 Girls
2:45 P.M.	400M	Gr 8 Boys
2:50 P.M.	1500M STEEPLE	JR Boys & Jr/Sr Girls
3:00 P.M.	2000M STEEPLE	SR Boys
3:10 P.M.	4 x 100M	SR Boys
3:10 P.M.	4 x 100M	SR Girls
3:15 P.M.	4 x 100M	JR Boys
3:20 P.M.	4 x 100M	JR Girls
3:25 P.M.	4 x 100M	8 Boys
3:30 P.M.	4 x 100M	8 Girls
3:40 P.M.	4 x 400M	SR & JR Boys
3:45 P.M.	4 x 400M	SR Boys & JR Girls
3:50 P.M.	4 x 400M	8 Girls & 8 Boys

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

\$20 per athlete to a maximum of \$400 per school for entry fees if all registrations from the school come in together. Each registered athlete from the same school must also pay the \$2 Administration fee. If paying by cheque, make the cheque payable to Kamloops Track and Field Club

Qualifying for the Okanagan Valley Championship

(Kamloops - Thursday, May 18, 2023 – Tentative start time is 9:30 am)

By Invitation Only From This Zone Meet

Qualifying:

- Top 3 athletes in each category (Sr, Jr, Gr8) from each of the North and the West Zones will be invited. If any zone athletes are unable to attend the OK Championship, then that Zone Commissioner will invite the next eligible athlete from their zone.

Online Registration Link

<http://www.trackierereg.com/>

Visit www.kamtrack.ca/liveresults for results. Zone coordinators will be sent the list of potential advancers.

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.