



# Battle of the Border High School Track Meet April 29, 2023 Hillside Stadium, Kamloops, BC

## FINAL TRACK SCHEDULE – as of Apr 25, 2023

**NOTE 1:** 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.

### Saturday, April 29 Track

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|--|----------|
| 1. 400mH Sr Girls/Boys (6 athletes)                        | 9:00 am  |
| 2. 300mH Jr Girls (3 athletes)                             | 9:05 am  |
| 3. 300mH Jr Boys (8 athletes)                              | 9:10 am. |
| 4. 200mH Gr. 8 Girls (1 athlete)                           | 9:15 am  |
| 5. 100m 8 Girls (3 sects)                                  | 9:20 am  |
| 6. 100m 8 Boys (3 sects)                                   | 9:35 am  |
| 7. 100m Jr Girls (5 sects)                                 | 9:50 am  |
| 8. 100m Jr Boys (5 sects)                                  | 10:15 am |
| 9. 100m Sr Girls (3 sects)                                 | 10:35 am |
| 10. 100m Sr Boys (2 sects)                                 | 10:45 am |
| 11. 1500m 8 Girls/Boys (6/2 athletes)                      | 10:55 am |
| 12. 1500m Jr Girls (10 athletes)                           | 11:00 am |
| 13. 1500m Jr Boys (14 athletes)                            | 11:05 am |
| 14. 1500m Sr Girls (8 athletes)                            | 11:10 am |
| 15. 1500m Sr Boys (17 athletes)                            | 11:15 am |
| 16. *4 x 100m 8/Jr Girls                                   | 11:30 am |
| 17. *4 x 100m 8/Jr Boys                                    | 11:40 am |
| 18. *4 x 100m Sr. Girls                                    | 11:50 am |
| 19. *4 x 100m Sr. Boys                                     | 12:00 pm |
| <b>*(relay start times determined by numbers of teams)</b> |          |
| 20. 110mH Sr Boys (1 sect)                                 | 12:10 pm |
| 21. 100mH Jr Boys (1 sect)                                 | 12:20 pm |
| 22. 100mH 8 Boys/Sr Girls (2 sects)                        | 12:30 pm |
| 23. 80mH Jr Girls (3 sects)                                | 12:50 pm |
| 24. 80mH Gr 8 Girls (1 sect)                               | 12:50 pm |

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|--------------------------------------|---------|
| 25. 200m Gr 8 Girls (2 sects)        | 1:00 pm |
| 26. 200m Gr 8 Boys (2 sects)         | 1:15 pm |
| 27. 200m Jr Girls (3 sects)          | 1:30 pm |
| 28. 200m Jr Boys (5 sects)           | 1:45 pm |
| 29. 200m Sr. Girls (2 sects)         | 2:00 pm |
| 30. 200m Sr. Boys (2 sects) full     | 2:10 pm |
| 31. 800m 8 Boys/Girls (16 athletes)  | 2:15 pm |
| 32. 800m Jr Girls (15 athletes) full | 2:20 pm |
| 33. 800m Jr Boys (2 sects – 21 ath)  | 2:30 pm |
| 34. 800m Sr Girls (12 athletes)      | 2:35 pm |
| 35. 800m Sr Boys (12 athletes)       | 2:40 pm |

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|--|---------|
| 36. 4x400m (all ages)  | 2:50 pm |
| <b>(This event is to provide athletes an opportunity for athletes to compete in a 400m race)</b> |         |

**\*(Number of relays determined by the number of teams)**

**Steeplechase – there will be three races – 1 Female and 2 Male**

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|--|---------|
| 34. 1500m SC Jr Girls, Sr Girls (30'') | 3:10 pm |
| 35. 1500m SC Jr Boys, Sr. Boys (30'')  | 3:20 pm |

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

# BATTLE OF BC IMPLEMENT AND HURDLE SPECS

	HURDLES	SHOT PUT	DISCUS	JAVELIN	HAMMER
<b>Gr 8 Girls</b>	80m – 30" (0.762m)	3 kg	1 kg	500 g	3 kg
<b>Jr Girls</b>	80m – 30" (0.762m)	3 kg	1 kg	500 g	3 kg
<b>Sr Girls</b>	100m – 33" (0.838m)	4 kg	1 kg	600 g	4 kg
<b>Gr 8 Boys</b>	100m – 33" (0.838m)	4 kg	1 kg	600 g	4 kg
<b>Jr Boys</b>	100m – 36" (0.914m)	5 kg	1.5 kg	700 g	5 kg
<b>Sr Boys</b>	110m – 36" (0.914)	6 kg	1.75 kg	800 g	6 kg

Visit [www.kamtrack.ca](http://www.kamtrack.ca) for full results

## Hurdle Specifications

<b>BOYS</b>	<b>Distance</b>	<b>Height</b>	<b># Hurdles</b>	<b>S&gt;1st H</b>	<b>H&lt;&gt;H</b>	<b>H&gt;F</b>
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

<b>GIRLS</b>	<b>Distance</b>	<b>Height</b>	<b># Hurdles</b>	<b>S&gt;1st H</b>	<b>H&lt;&gt;H</b>	<b>H&gt;F</b>
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

<b>BOYS</b>	<b>Distance</b>	<b>Height</b>	<b>#Barriers</b>	<b># Water Jumps</b>	<b>Total</b>
Junior	1500m	30" (0.762m)	12	3	15
Senior	- if interested, Sr Boys will run the Jr Steeple				

<b>GIRLS</b>	<b>Distance</b>	<b>Height</b>	<b>#Barriers</b>	<b># Water Jumps</b>	<b>Total</b>
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)