

Okanagan Zones TRACK AND FIELD CHAMPIONSHIPS

Hillside Stadium in Kamloops - Monday, May 27, 2024

All Races are Timed Finals

TENTATIVE Schedule (as of April 21, 2024)

TIME	EVENT	AGE	
9:30 A.M.	400M Hurdles	SR Boys	3
9:35 AM	400m Hurdles	SR Girls	4
9:45 A.M.	300M Hurdles	JR Boys	9
9:55 am	300M Hurdles	JR Girls	7
10:05 A.M	200M Hurdles	Gr 8 Boys	6
10:10 AM	200m Hurdles	Gr 8 Girls	7
10:15 am	3000 Meters	Gr 8, JR & SR Girls	5/3/5
10:30 am	3000 Meters	JR and SR Boys	7/7
10:45 am	3000 Meters	Gr 8 Boys	6
11:00 am	110M Hurdles	SR Boys	3
11:10 am	100M Hurdles	JR Boys	6
11:20 am	100M Hurdles	SR Girls	9
11:40 A.M	100M Hurdles	Gr 8 Boys	6
11:50 A.M	80M Hurdles	Jr Girls	11
12:10 AM	80M Hurdles	Gr 8 Girls	6
12:15 pm	200M	SR Girls	10
12:25 pm	200M	SR Boys	8
12:30 pm	200M	JR Girls	11
12:40 pm	200M	JR Boys	11
12:50 PM	200M	Gr 8 Girls	13
1:00 P.M.	200M	Gr 8 Boys	9
1:15 P.M.	1500M	SR and JR Girls	8/6
1:25 P.M.	1500M	JR Boys	11
1:35 pm	1500M	SR Boys	8
1:40 P.M.	1500M	Gr 8 Girls	6
1:45 P.M.	1500M	Gr 8 Boys	8
1:55 P.M.	100M	SR Girls	10
2:05 P.M.	100M	SR Boys	7
2:10 P.M.	100M	JR Girls	12
2:15 P.M.	100M	JR Boys	11
2:25 P.M.	100M	Gr 8 Girls	11
2:35 P.M.	100M	Gr 8 Boys	9
2:40 P.M.	800M	SR Girls & Boys	4/9
2:45 pm	800M	JR Girls	11
2:50 P.M.	800M	JR Boys	8
2:55 P.M.	800M	Gr 8 Girls	7
3:00 P.M.	800M	Gr 8 Boys	8
3:05 P.M.	400M	SR Girls	8
3:10 P.M.	400M	SR Boys	6
3:15 P.M.	400M	JR Girls	8
3:20 P.M.	400M	JR Boys	8
3:25 P.M.	400M	Gr 8 Girls	12
3:35 P.M.	400M	Gr 8 Boys	8
3:40 P.M.	1500M STEEPLE	JR Boys & Jr/Sr Girls	5/3/4
3:50 P.M.	2000M STEEPLE	SR Boys	4
4:00 P.M.	4 x 100M	SR Girls	9
4:05 P.M.	4 x 100M	SR Boys	5
4:10 P.M.	4 x 100M	JR Girls	8
4:15 P.M.	4 x 100M	JR Boys	8
4:18 P.M.	4 x 100M	Gr 8 Girls	8
4:22 pm	4 x 100M	Gr 8 Boys	6

4:25 P.M.	4 x 400M	SR Girls	6
4:30 pm	4 x 400M	SR Boys	5
4:40 PM	4 x 400M	JR Girls	5
4:45 PM	4 x 400M	JR Boys	6
4:50 PM	4 x 400M	Gr 8 Girls/Boys	4/4

Fees Payable

\$20 per athlete per event to a maximum of \$500 per school plus \$5 per athlete Administration Fee. If paying by cheque, make cheque payable to Kamloops Track and Field Club

Qualifying for the Provincial High School Championship (Nanaimo, June 6-8, 2024)

- Seniors - Top 4 seniors
- Juniors – Top 4 juniors
- Grade 8 – gr. 8's will be submitted by coaches as in past years. Zone coordinators have provided information about how to register for that.

Once an athlete has been notified and will NOT attend the provincial championships, the zone coordinator must be informed right away so that the next in line for each event can be informed.

Visit www.kamtrack.ca/liveresults or scan the QR code below during and after the meet for event results.



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
Junior	80m	30"	8
Senior	100m	33"	10
Gr 8	200m	30"	5
Junior	300m	30"	7
Senior	400m	30"	10
Boys	Dist.	Ht.	# of hurdles
Gr 8	100m	33"	10
Junior	100m	36"	10
Senior	110m	36"	10
Gr 8	200m	30"	5
Junior	300m	33"	7
Senior	400m	36"	10

Steeplechase Specifications

Girls		
Open Junior	1500m	12x30" - water
Senior	2000m	12x30" - water

Boys		
Open Junior	1500m	12x30" - water
Senior	2000m	18x33" - water