

**North and West Okanagan Zone TRACK AND FIELD CHAMPIONSHIPS**  
**Hillside Stadium, Kamloops – Tuesday, May 7, 2024**  
**\*ALL TRACK TIMES ARE APPROXIMATE \***

**Tentative Schedule**

| TIME        | EVENT          | AGE                   |          |
|-------------|----------------|-----------------------|----------|
| 9:30 A.M.   | 1500m Racewalk | all categories        | 4        |
| 9:45 A.M.   | 400M Hurdles   | SR Girls              | 10       |
| 9:50 A.M.   | 400M Hurdles   | SR Boys               | 2        |
| 10:00 A.M.  | 300M Hurdles   | JR Girls              | 2        |
| 10:05 AM    | 300M Hurdles   | JR Boys               | 8        |
| 10:15 AM    | 200m Hurdles   | Gr 8 Girls and Boys   | 4        |
| 10:20 A.M.  | 3000 Meters    | Gr 8, JR and SR Girls | 2/4/6    |
| 10:30 AM    | 3000 Meters    | Gr 8, JR and SR Boys  | 5/5/8    |
| 10:40 AM    | 110M Hurdles   | SR Boys               | 3        |
| 10:50 AM    | 100M Hurdles   | SR Girls              | 5        |
| 11:00 AM    | 100M Hurdles   | Gr 8 BOYS & JR Boys   | 2/1      |
| 11:05 AM    | 80M Hurdles    | JR Girls & Gr 8 Girls | 7/1      |
| 11:10 AM    | 200M           | Gr 8 Girls            | 3 (sect) |
| 11:25 AM    | 200M           | Gr 8 Boys             | 3 (sect) |
| 11:40 AM    | 200M           | SR Girls              | 2 (sect) |
| 11:50 AM    | 200M           | SR Boys               | 1 (sect) |
| 11:55 AM    | 200M           | Jr Girls              | 3 (sect) |
| 12:10 PM    | 200M           | Jr Boys               | 3 (sect) |
| LUNCH Maybe |                |                       |          |
| 12:25 PM    | 1500M          | SR Boys & Gr 8 Boys   | 6/8      |
| 12:35 PM    | 1500M          | JR & SR Girls         | 4/5      |
| 12:40 PM    | 1500M          | Jr Boys               | 11       |
| 12:45 P.M.  | 1500M          | 8 Girls               | 12       |
| 12:50 PM    | 100M           | SR Girls              | 2 (sect) |
| 1:00 PM     | 100M           | SR Boys               | 2 (sect) |
| 1:10 PM     | 100M           | JR Girls              | 3 (sect) |
| 1:25 PM     | 100M           | JR Boys               | 3 (sect) |
| 1:40 PM     | 100M           | 8 Girls               | 3 (sect) |
| 1:55 PM     | 100M           | 8 Boys                | 4 (sect) |
| 2:10 PM     | 800M           | JR & SR Girls         | 8/4      |
| 2:14 PM     | 800M           | SR Boys               | 9        |

|           |               |                       |            |
|-----------|---------------|-----------------------|------------|
| 2:21 PM   | 800M          | JR Boys               | 14         |
| 2:26 PM   | 800M          | 8 Girls               | 10         |
| 2:32 PM   | 800M          | 8 Boys                | 12         |
| 2:40 PM   | 400M          | SR Girls              | 8          |
| 2:45 PM   | 400M          | SR Boys               | 2 (sect)   |
| 2:55 PM   | 400M          | JR Girls              | 2 (sect)   |
| 3:05 PM   | 400M          | JR Boys               | 2 (sect)   |
| 3:15 PM   | 400M          | Gr 8 Girls            | 2 (sect)   |
| 3:25 PM   | 400M          | Gr 8 Boys             | 1 (sect)   |
| 3:35 PM   | 1500M STEEPLE | JR Boys & Jr/Sr Girls | 6/3/5      |
| 3:45 PM   | 2000M STEEPLE | SR Boys               | 5          |
| 3:55 P.M. | 4 x 100M      | SR Boys               | 7+ Teams   |
| 4:05 P.M. | 4 x 100M      | SR Girls              | 6+ Teams   |
| 4:10 PM   | 4 x 100M      | JR Boys               | 7+ Teams   |
| 4:20 PM   | 4 x 100M      | JR Girls              | 5+ Teams   |
| 4:25 PM   | 4 x 100M      | 8 Boys                | 5+ Teams   |
| 4:30 PM   | 4 x 100M      | 8 Girls               | 6+ Teams   |
| 4:40 P.M. | 4 x 400M      | SR & JR Boys          | 13+ Teams  |
| 4:45 P.M. | 4 x 400M      | SR Girls & JR Girls   | 8+ Teams   |
| 4:50 P.M. | 4 x 400M      | 8 Girls & 8 Boys      | 3/3+ Teams |
|           |               |                       |            |
|           |               |                       |            |
|           |               |                       |            |
|           |               |                       |            |

## 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<br>Junior | 1500m    | 30" - water | 12 barriers,<br>3 water |
| Senior         | 2000m    | 30" - water | 18 barriers,<br>5 water |

| Boys           | Distance | Height      | Barriers                |
|----------------|----------|-------------|-------------------------|
| Open<br>Junior | 1500m    | 30" - water | 12 barriers,<br>3 water |
| Senior         | 2000m    | 33" - water | 18 barriers,<br>5 water |

**Due to potential injury, coaches are requested to NOT enter athletes in Hurdle and Pole Vault events if they haven't previously practised and competed in hurdles and pole vault.**