



# Battle of the Border High School Track Meet April 26, 2025 Hillside Stadium, Kamloops, BC

## TENTATIVE TRACK SCHEDULE – as of September 1, 2025

**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 26 Track

<ol style="list-style-type: none"> <li>1. 400mH Sr Girls/Boys (6 athletes) 9:00 am</li> <li>2. 300mH Jr Girls (3 athletes) 9:05 am</li> <li>3. 300mH Jr Boys (8 athletes) 9:10 am.</li> <li>4. 200mH Gr. 8 Girls (1 athlete) 9:15 am</li> <li>5. 100m 8 Girls (3 sects) 9:20 am</li> <li>6. 100m 8 Boys (3 sects) 9:35 am</li> <li>7. 100m Jr Girls (5 sects) 9:50 am</li> <li>8. 100m Jr Boys (5 sects) 10:15 am</li> <li>9. 100m Sr Girls (3 sects) 10:35 am</li> <li>10. 100m Sr Boys (2 sects) 10:45 am</li> <li>11. 1500m 8 Girls/Boys (6/2 athletes) 10:55 am</li> <li>12. 1500m Jr Girls (10 athletes) 11:00 am</li> <li>13. 1500m Jr Boys (14 athletes) 11:05 am</li> <li>14. 1500m Sr Girls (8 athletes) 11:10 am</li> <li>15. 1500m Sr Boys (17 athletes) 11:15 am</li>   <li>16. *4 x 100m 8/Jr Girls 11:30 am</li> <li>17. *4 x 100m 8/Jr Boys 11:40 am</li> <li>18. *4 x 100m Sr. Girls 11:50 am</li> <li>19. *4 x 100m Sr. Boys 12:00 pm</li> <li style="padding-left: 20px;"><b>*(relay start times determined by numbers of teams)</b></li>   <li>20. 110mH Sr Boys (1 sect) 12:10 pm</li> <li>21. 100mH Jr Boys (1 sect) 12:20 pm</li> <li>22. 100mH 8 Boys/Sr Girls (2 sects) 12:30 pm</li> <li>23. 80mH Jr Girls (3 sects) 12:50 pm</li> <li>24. 80mH Gr 8 Girls (1 sect) 12:50 pm</li> </ol>	<ol style="list-style-type: none"> <li>25. 200m Gr 8 Girls (2 sects) 1:00 pm</li> <li>26. 200m Gr 8 Boys (2 sects) 1:15 pm</li> <li>27. 200m Jr Girls (3 sects) 1:30 pm</li> <li>28. 200m Jr Boys (5 sects) 1:45 pm</li> <li>29. 200m Sr. Girls (2 sects) 2:00 pm</li> <li>30. 200m Sr. Boys (2 sects) full 2:10 pm</li> <li>31. 800m 8 Boys/Girls (16 athletes) 2:15 pm</li> <li>32. 800m Jr Girls (15 athletes) full 2:20 pm</li> <li>33. 800m Jr Boys (2 sects – 21 ath) 2:30 pm</li> <li>34. 800m Sr Girls (12 athletes) 2:35 pm</li> <li>35. 800m Sr Boys (12 athletes) 2:40 pm</li>   <li>36. 4x400m (all ages) 2:50 pm</li> <li style="padding-left: 20px;"><b>(This event is to provide athletes an opportunity for athletes to compete in a 400m race)</b></li>   <li style="text-align: center;"><b>*(Number of relays determined by the number of teams)</b></li>   <li><b>Steeplechase – there will be three races – 1 Female and 2 Male</b></li> <li>34. 1500m SC Jr Girls, Sr Girls (30") 3:10 pm</li> <li>35. 1500m SC Jr Boys, Sr. Boys (30") 3:20 pm</li>   <li><b>* Schools are welcomed and encouraged to form unattached relay teams for faster relay squads.</b></li> </ol>
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# BATTLE OF BC IMPLEMENT AND HURDLE SPECS

	<b>HURDLES</b>	<b>SHOT PUT</b>	<b>DISCUS</b>	<b>JAVELIN</b>	<b>HAMMER</b>
<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)