



# 2025 North and West Okanagan Zones Championships

Hosted by the Kamloops Track and Field Club  
Sanctioned by BC Athletics

**Thursday, May 8, 2025**

## **Location:**

Hillside Stadium, 910 McGill Rd., Kamloops, BC – beside TRU (See pg. 3 for driving directions).

## **Facility:**

Track: 8 lanes, 400m oval, new Mondo surface, fully automatic FinishLynx timing.  
Complete jumps and throws areas. Change rooms available. Concession available.

## **Meet Director:**

Jason Luff (Vernon – North Zone): e-mail: [jluff@kingschristianschool.com](mailto:jluff@kingschristianschool.com)  
Randy Sheldon (Merritt – West Zone): e-mail: [rsheldon@365.sd58.bc.ca](mailto:rsheldon@365.sd58.bc.ca)

## **Meet Manager:**

Judy Armstrong: Ph: (250) 377-3378 e-mail: [judy54armstrong@gmail.com](mailto:judy54armstrong@gmail.com)

## **Eligible Athletes:**

- 2024 Grade 8-12 High School Athletes from the North and the West Okanagan Zones high schools who must be registered members of BC High School Sports. The athletes must be on the BCSS team roster.
- Each school may enter up to:
  - 3 grade 8 male and 3 grade 8 female athletes per event, and
  - 3 Jr male and 3 Jr female athletes per event, and
  - 3 Sr male and 3 Sr female athletes per event

## **Entry Fees:**

Individual athletes may compete in a maximum of 3 events plus 2 relays.

- \$25.00/athlete for up to 3 events submitted electronically using Trackie online registration (see below) to a maximum of \$600/school for registration fees.
- Relay teams may be submitted on paper forms no later than 1 hour before the scheduled relay start time.
- Each athlete must also pay a \$5.00 Administration Fee to help cover the costs of facilities and equipment.
- A late fee of \$30/athlete/3 events will be charged after the entry deadline

**Entries Chairperson:**

Brian Beck: Ph: (250) 319-1900 e-mail – [kftcregistrar@gmail.com](mailto:kftcregistrar@gmail.com)

All entries must be submitted to Brian by the following methods:

- **Online** – at the Trackie website (<https://www.trackie.com/event/2025NandWZone>). **All athletes from a school must be registered by the team coach or a supervising adult. Athletes may NOT register on their own. Failure to follow this procedure may result in the individual athlete not being able to compete.** Credit Card or Debit Card may be used or pay by school cheque when picking up the team meet package.

**\*\*ENTRY DEADLINE\*\*:** 8:00 PM on Monday, April 28, 2025. After this time, any further late entries will be accepted online, only if there is room available in any event. After Sunday, May 4 at 3:00 pm, no further online entries will be accepted. Athletes may enter events on May 8 at the meet if there is room available in the event and they are already entered in the meet. Schedule updates will be posted on the Meet Registration page at <https://www.trackie.com/event/2025NandWZone> by around 4:00 pm, Sunday, May 5.

## **COMPETITION RULES AND OTHER INFORMATION**

### **REGISTRATION PACKAGES:**

Payment must be received before the meet package of competition numbers is released to the person who shall assume responsibility for the entire team package (the Competition Secretary will not manage partial envelopes). School team payment may be made at the meet. Make all cheques payable to "Kamloops Track and Field Club". Trackie registrations may be paid by credit card at the time of online registration or on package pickup by cheque. There are no refunds after May 1.

### **COMPETITION CATEGORIES (Divisions):**

Grade 8, Junior (Grades 9 & 10), Senior (Grades 11 & 12), and Special Olympics. – Please be sure to indicate which Division each athlete is registering for and their grade. Special Olympic/Wheelchair athletes will compete in their age group.

### **MARSHALLING:**

Check-in for all track events is at the event start line area. Check-in for all field events is at the event site. All athletes must check in a minimum of 20 minutes before the start time. Please be aware that the schedule is a rolling schedule and events may begin up to 30 minutes earlier than the scheduled start time. Please listen to announcements so that events are not missed.

### **COMPETITION NUMBERS:**

Competition numbers must be worn on the front for all events (or at the discretion of the event chief official). If hip numbers are available, they must be worn on the hips (visible against a dark background) and on the upper left-hand chest and must be visible from the front.

### **IMPLEMENTS:**

All implements will be supplied by the meet organizers. Athletes may use their own implements which must meet WA (World Athletics) standards. They must be weighed in and measured at least 45 minutes before the competition starts (preferably earlier). The weigh-in station will be located at the throws building on the lower field throwing area.

### **SPIKE LENGTH:**

The maximum spike length allowed is 7mm for all events. No needle spikes are allowed.

### **ORDER OF EVENTS:**

All track events will be run from oldest to youngest, females then males, (exception hurdles).

### **ATHLETES WITH CONFLICTING EVENTS:**

Track events will go as scheduled. Athletes (or a representative) must notify the officials at all events which are in conflict. Athletes in field events **will forego their attempt in a round** if the round has been completed before they return. Please listen to announcements for any time changes in events.

## **TRACK EVENTS:**

All Track events will run as timed finals. Track events will follow a rolling schedule, so start times may differ from those posted. Please listen to the announcements.

## **FIELD EVENTS:**

**Every effort** will be made to allow for **2 practice and 3 measured** attempts. However, depending on the number of registered athletes and the time permitted for the event, the Chief official of the event may adjust the number of practice and/or measured attempts. **Field events will be considered finished, once the final throw/jump is complete, or 30 minutes after the start time if no athletes have shown up. \*\***

### **Jumps Starting Heights**

<b>High Jump</b>	<b>Pole Vault</b>
<ul style="list-style-type: none"><li>• Grade 8 Boys: 1.30m</li><li>• Grade 8 Girls: 1.20m</li><li>• Jr Boys: 1.40m</li><li>• Jr Girls: 1.30m</li><li>• Sr Boys: 1.50m</li><li>• Sr Girls: 1.35m</li><li>• Advance in 5cm increments</li></ul>	<ul style="list-style-type: none"><li>• Jr Boys: 1.80m, 1.80m, 1.95m, 2.10m, 2.20m</li><li>• Jr Girls: 1.50m, 1.50m, 1.65m, 1.80m, 1.90m</li><li>• Sr Boys: 2.00m, 2.00m, 2.15m, 2.30m, 2.40m</li><li>• Sr Girls: 1.70m, 1.70m, 1.85m, 2.00m, 2.10m</li><li>• Additional jumps added in 10cm increments</li></ul>

## **Seed Times:**

Coaches/athletes are requested to submit current, or the latest electronic seed times from 2024 or later if available, for track events when registering for events to ensure correct seeding. Those not submitting a seed time will be seeded in the slower sections.

## **COMPETITIVE ATTIRE:**

All athletes must wear their school uniform at their events.

## **PROTESTS:**

“Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the results of that event.” Result postings will be time-stamped and will only be available online ([www.kamtrack.ca/liveresults](http://www.kamtrack.ca/liveresults)), and that time is considered the beginning of the 30 minutes. The Protest is made orally to the relevant Referee, (the Field Referee for the Field event, or the Track Referee for the Track event. A protest concerning a false start shall be made to the Track Referee, or (if there is one) the Start Referee immediately, before the race starts.

Only an athlete or his/her representative may make a protest. The athlete must have been affected by the decision or result of the event. The protestor may contact the relevant Referee through the Meet Director if the Referee is not immediately available. No deposit is required for a PROTEST.

The Referee should record his/her decision and the reasons for that decision on the Protest and Appeal Form. This completed form is posted with the time and date of posting indicated. Once posted, any athlete affected has 30 minutes to protest this decision.

### **Appeals to the Jury:**

The original protestor or anyone else affected by the Referee's decision has the right to make an APPEAL TO THE JURY regarding the Referee's decision, within 30 minutes of the official announcement of that decision. An APPEAL TO THE JURY shall be in writing and should cite the relevant Rule number (see the current WA rule book). A \$50 deposit shall accompany an APPEAL TO THE JURY. The deposit will be refunded if the Appeal is successful. The deposit will not be refunded if the Appeal is denied.

### **JURY OF APPEAL:**

A jury of appeals consisting of three competent and qualified persons will be available for decisions arising from protests. All decisions are final.

### **MEDICAL:**

St. John Ambulance.

### **CONCESSION:**

There will be a concession available on-site, during the meet.

### **Driving Direction to Hillside Stadium at the Tournament Capital Centre:**

Arriving from the west (Highway #5): Exit to the right at exit 367 and turn left onto Hillside Way (this will take you across the highway). When you reach the end of Hillside Way turn right onto Hillside Drive and follow this road to the Tournament Capital Centre. (**NOTE:** left turns are not permitted on McGill to the TCC parking. Please continue through the light at Hillside Drive and follow University Drive. Then make your way to the parking area for Hillside Stadium and TRU.)

Arriving from the east (Highway #1): Exit to the right at exit 370 and turn right onto Summit Drive. Follow Summit Dr. and turn left after the Real Canadian Superstore onto McGill Rd. Follow McGill until you reach the Tournament Capital Centre.

