North and West Okanagan Zone TRACK AND FIELD CHAMPIONSHIPS Hillside Stadium, Kamloops – Tuesday, May 6, 2025 *ALL TRACK TIMES ARE APPROXIMATE *

Tentative Schedule (Feb 12, 2025)

| TIME | EVENT | AGE | |
|-------------|----------------|----------------------|--|
| 9:30 A.M. | 1500m Racewalk | all categories | |
| 9:45 A.M. | 400M Hurdles | SR Girls | |
| 9:50 A.M. | 400M Hurdles | SR Boys | |
| 10:00 A.M. | 300M Hurdles | JR Girls | |
| 10:05 AM | 300M Hurdles | JR Boys | |
| 10:15 AM | 200m Hurdles | Gr 8 Girls and Boys | |
| 10:20 A.M. | 3000 Meters | Gr 8/JR/SR Girls | |
| 10:30 AM | 3000 Meters | Gr 8, JR and SR Boys | |
| 10:40 AM | 110M Hurdles | SR Boys | |
| 10:50 AM | 100M Hurdles | SR Girls | |
| 11:00 AM | 100M Hurdles | JR Boys | |
| 11:05 AM | 100M Hurdles | Gr 8 BOYS | |
| 11:15 AM | 80M Hurdles | Gr 8 Girls/JR Girls | |
| 11:20 AM | 200M | Gr 8 Girls | |
| 11:30 AM | 200M | Gr 8 Boys | |
| 11:45 AM | 200M | SR Girls | |
| 12:00 PM | 200M | SR Boys | |
| 12:15 PM | 200M | Jr Girls | |
| 12:35 PM | 200M | Jr Boys | |
| LUNCH Maybe | | | |
| 1:00 PM | 1500M | SR Boys/ Gr 8 Boys | |
| 1:10 PM | 1500M | Gr8/ SR Girls | |
| 1:20 PM | 1500M | Jr Boys | |
| 1:30 P.M. | 1500M | 8 Girls | |
| 1:40 PM | 100M | SR Girls | |
| 1:50 PM | 100M | SR Boys | |
| 2:00 PM | 100M | JR Girls | |
| 2:20 PM | 100M | JR Boys | |
| 2:50 PM | 100M | 8 Girls | |
| 3:10 PM | 100M | 8 Boys | |
| 3:20 PM | 800M | SR Girls | |
| 3:25 PM | 800M | SR Boys | |
| 3:30 PM | 800M | JR Girls | |
| 3:35 PM | 800M | JR Boys | |
| 3:40 PM | 800M | 8 Girls | |

| 3:45 PM 800M 8 Boys 3:50 PM 400M SR Girls 4:00 PM 400M SR Boys 4:10 PM 400M JR Girls 4:25 PM 400M JR Boys 4:40 PM 400M Gr 8 Girls 4:50 PM 400M Gr 8 Boys 5:00 PM 1500M STEEPLE JR Boys & Jr Girls 5:10 PM 2000M STEEPLE Sr Girls 5:20PM 2000M STEEPLE SR Boys 5:30 P.M. 4 x 100M SR Girls 5:35 P.M. 4 x 100M SR Girls 5:40 PM 4 x 100M JR Boys 5:50 PM 4 x 100M 8 Boys 6:00 PM 4 x 100M 8 Girls 6:05 PM 4 x 100M 8 R Boys 6:15 P.M. 4 x 400M SR Boys 6:15 P.M. 4 x 400M JR Boys 6:25 P.M. 4 x 400M JR Boys 6:25 P.M. 4 x 400M JR Girls 6:25 P.M. 4 x 400M 8 Girls/8 Boys | | | |
|--|-----------|---------------|--------------------|
| 4:00 PM 400M SR Boys 4:10 PM 400M JR Girls 4:25 PM 400M JR Boys 4:40 PM 400M Gr 8 Girls 4:50 PM 400M Gr 8 Boys 5:00 PM 1500M STEEPLE JR Boys & Jr Girls 5:10 PM 2000M STEEPLE Sr Girls 5:20PM 2000M STEEPLE SR Boys 5:30 P.M. 4 x 100M SR Girls 5:35 P.M. 4 x 100M SR Girls 5:40 PM 4 x 100M JR Boys 5:50 PM 4 x 100M 8 Boys 6:05 PM 4 x 100M 8 Girls 6:10 P.M. 4 x 400M SR Boys 6:15 P.M. 4 x 400M SR Girls 6:20 P.M. 4 x 400M JR Boys 6:25 P.M. 4 x 400M JR Girls | 3:45 PM | 800M | 8 Boys |
| 4:10 PM 400M JR Girls 4:25 PM 400M JR Boys 4:40 PM 400M Gr 8 Girls 4:50 PM 400M Gr 8 Boys 5:00 PM 1500M STEEPLE JR Boys & Jr Girls 5:10 PM 2000M STEEPLE Sr Girls 5:20PM 2000M STEEPLE SR Boys 5:30 P.M. 4 x 100M SR Girls 5:35 P.M. 4 x 100M SR Girls 5:40 PM 4 x 100M JR Girls 6:00 PM 4 x 100M 8 Boys 6:05 PM 4 x 100M 8 Girls 6:10 P.M. 4 x 400M SR Boys 6:15 P.M. 4 x 400M SR Girls 6:20 P.M. 4 x 400M JR Boys 6:25 P.M. 4 x 400M JR Girls | 3:50 PM | 400M | SR Girls |
| 4:25 PM 400M JR Boys 4:40 PM 400M Gr 8 Girls 4:50 PM 400M Gr 8 Boys 5:00 PM 1500M STEEPLE JR Boys & Jr Girls 5:10 PM 2000M STEEPLE Sr Girls 5:20PM 2000M STEEPLE SR Boys 5:30 P.M. 4 x 100M SR Girls 5:35 P.M. 4 x 100M SR Girls 5:40 PM 4 x 100M JR Girls 6:00 PM 4 x 100M 8 Boys 6:05 PM 4 x 100M 8 Girls 6:10 P.M. 4 x 400M SR Boys 6:15 P.M. 4 x 400M SR Girls 6:20 P.M. 4 x 400M JR Boys 6:25 P.M. 4 x 400M JR Girls | 4:00 PM | 400M | SR Boys |
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| 5:10 PM 2000M STEEPLE Sr Girls 5:20PM 2000M STEEPLE SR Boys 5:30 P.M. 4 x 100M SR Boys 5:35 P.M. 4 x 100M SR Girls 5:40 PM 4 x 100M JR Boys 5:50 PM 4 x 100M JR Girls 6:00 PM 4 x 100M 8 Boys 6:05 PM 4 x 100M 8 Girls 6:10 P.M. 4 x 400M SR Boys 6:15 P.M. 4 x 400M SR Girls 6:20 P.M. 4 x 400M JR Boys 6:25 P.M. 4 x 400M JR Girls | 4:50 PM | 400M | Gr 8 Boys |
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| 5:30 P.M. 4 x 100M SR Boys 5:35 P.M. 4 x 100M SR Girls 5:40 PM 4 x 100M JR Boys 5:50 PM 4 x 100M JR Girls 6:00 PM 4 x 100M 8 Boys 6:05 PM 4 x 100M 8 Girls 6:10 P.M. 4 x 400M SR Boys 6:15 P.M. 4 x 400M SR Girls 6:20 P.M. 4 x 400M JR Boys 6:25 P.M. 4 x 400M JR Girls | 5:10 PM | 2000M STEEPLE | Sr Girls |
| 5:35 P.M. 4 x 100M SR Girls 5:40 PM 4 x 100M JR Boys 5:50 PM 4 x 100M JR Girls 6:00 PM 4 x 100M 8 Boys 6:05 PM 4 x 100M 8 Girls 6:10 P.M. 4 x 400M SR Boys 6:15 P.M. 4 x 400M SR Girls 6:20 P.M. 4 x 400M JR Boys 6:25 P.M. 4 x 400M JR Girls | 5:20PM | 2000M STEEPLE | SR Boys |
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| 6:10 P.M. 4 x 400M SR Boys 6:15 P.M. 4 x 400M SR Girls 6:20 P.M. 4 x 400M JR Boys 6:25 P.M. 4 x 400M JR Girls | 6:00 PM | 4 x 100M | 8 Boys |
| 6:15 P.M. 4 x 400M SR Girls 6:20 P.M. 4 x 400M JR Boys 6:25 P.M. 4 x 400M JR Girls | 6:05 PM | 4 x 100M | 8 Girls |
| 6:20 P.M. 4 x 400M JR Boys 6:25 P.M. 4 x 400M JR Girls | 6:10 P.M. | 4 x 400M | SR Boys |
| 6:25 P.M. 4 x 400M JR Girls | 6:15 P.M. | 4 x 400M | SR Girls |
| | 6:20 P.M. | 4 x 400M | JR Boys |
| 6:25 P.M. 4 x 400M 8 Girls/8 Boys | 6:25 P.M. | 4 x 400M | JR Girls |
| | 6:25 P.M. | 4 x 400M | 8 Girls/8 Boys |
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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 Junior | 1500m | 30" - water | 12 barriers, 3 water |
| Senior 2000m | | 30" - water | 18 barriers, 5 water |

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