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

**Rev FINAL Schedule (May 4, 2025)** 

TIME	EVENT	AGE	
9:30 A.M.	1500m Racewalk	all categories	8
9:45 A.M.	400M Hurdles	SR Boys (36")	6
9:50 A.M.	400M Hurdles	SR Girls (30")	5
10:00 A.M.	300M Hurdles	JR Boys (33")	6
10:05 AM	300M Hurdles	JR Girls (30")	6
10:15 AM	200m Hurdles	Gr 8 Boys (30")	6
10:20 AM	200m Hurdles	Gr 8 Girls (30")	4
10:25 AM	3000 Meters	Gr 8/JR/SR Girls	12
10:37 AM	3000 Meters	JR and SR Boys	13
10:49 AM	110M Hurdles	SR Boys (36")	8
10:55 AM	100M Hurdles	JR Boys (36")	9 (2 sect)
11:00 AM	100M Hurdles	SR Girls (33")	6
11:10 AM	100M Hurdles	Gr 8 BOYS (33")	5
11:15 AM	80M Hurdles	Gr 8 Girls/JR Girls (30")	4/4
11:20 AM	200M	SR Girls	5
11:25 AM	200M	SR Boys	23 (3 sect)
11:40 AM	200M	Jr Girls	24 (3 sect)
11:55 AM	200M	Jr Boys	17 (3 sect)
12:05 PM	200M	Gr 8 Girls	10 (2 sect)
12:15 PM	200M	Gr 8 Boys	16 (2 sect)
LUNCH (Maybe)			
1:00 PM	1500M	SR Girls	7
1:00 PM	1500M	Sr Boys	12
1:10 PM	1500M	Jr Girls	9
1:15 PM	1500M	Gr 8 Boys/ Jr Boys	5/9
1:20 PM	1500M	Gr 8 Girls	11
1:40 PM	100M	SR Girls	15 (2 sect)
1:48 PM	100M	SR Boys	25 (4 sect)
2:00 PM	100M	JR Girls	30 (4 sect)
2:16 PM	100M	JR Boys	19 (3 sect)
2:24 PM	100M	8 Girls	15 (2 sect)
2:32 PM	100M	8 Boys	20 (3 sect)
2:50 PM	800M	SR Girls	8
2:57 PM	800M	SR Boys	17 (2 sect)
3:05 PM	800M	JR Girls	10

3:12 PM	800M	JR Boys	14
3:19 PM	800M	8 Girls	19 (2 sect)
3:33 PM	800M	8 Boys	10
3:37 PM	400M	SR Girls	6
3:42 PM	400M	SR Boys	20 (3 sect)
3:54 PM	400M	JR Girls	9 (2 sect)
4:02 PM	400M	JR Boys	17 (3 sect)
4:10 PM	400M	Gr 8 Girls	15 (2 sect)
4:20 PM	400M	Gr 8 Boys	10 (2 sect)
4:35 PM	1500M STEEPLE	JR Boys & Jr Girls	9/5
4:45 PM	2000M STEEPLE	Sr Girls	4
4:55 PM	2000M STEEPLE	SR Boys	10
5:15 P.M.	4 x 100M	SR Girls	7
5:20 P.M.	4 x 100M	SR Boys-	10 (2 sect)
5:30 PM	4 x 100M	JR Girls	10 (2 sect)
5:40 PM	4 x 100M	JR Boys	7
5:45 PM	4 x 100M	Gr 8 Girls	6
5:50 PM	4 x 100M	Gr 8 Boys	4
6:00 PM	4 x 400M	SR Girls	5
6:10 PM	4 x 400M	SR Boys	8
6:15 PM	4 x 400M	JR Girls	5
6:20 PM	4 x 400M	JR Boys	8
6:25 PM	4 x 400M	8 Girls/8 Boys	2/2
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## **Throws Specifications**

Girls	Shot Put	Hammer Throw	<b>Discus Throw</b>	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
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Boys	Shot Put	Hammer Throw	<b>Discus Throw</b>	Javelin Throw

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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	<ul><li>12 barriers,</li><li>3 water</li></ul>
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.