



# Battle of the Border High School Track Meet April 25, 2026 Hillside Stadium, Kamloops, BC

## FINAL TRACK SCHEDULE – as of Apr. 20, 2026

**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 25 Track

<ol style="list-style-type: none"> <li>1. 400mH Sr Boys (7 athletes) 9:00 am (36“)</li> <li>2. 400mH Sr Girls (5 athletes) 9:05 am (30“)</li> <li>3. 300mH Jr Boys (2 sections) 9:10 am (33“)</li> <li>4. 300mH Jr Girls (2 sections) 9:20 am (30“)</li> <li>5. 200mH Gr. 8 Boys (2 athletes) 9:30 am (30“)</li> <li>6. 100m 8 Girls (3 sects) 9:35 am</li> <li>7. 100m 8 Boys (2 sects) 9:45 am</li> <li>8. 100m Jr Girls (4 sects) 9:50 am</li> <li>9. 100m Jr Boys (4 sects) 10:05 am</li> <li>10. 100m Sr Girls (3 sects) 10:15 am</li> <li>11. 100m Sr Boys (5 sects) 10:30 am</li> <li>12. 1500m 8 Girls (6 athletes) 10:45 am</li> <li>13. 1500m 8 Boys (10 athletes) 10:55 am</li> <li>14. 1500m Jr Girls (13 athletes) 11:05 am</li> <li>15. 1500m Jr Boys (14 athletes – 2 sect) 11:10 am</li> <li>16. 1500m Sr Girls (7 athletes) 11:20 am</li> <li>17. 1500m Sr Boys (27 athletes – 2 sect) 11:25 am</li>   <li>18. *4 x 100m 8/Jr Girls 11:37 am</li> <li>19. *4 x 100m 8/Jr Boys 11:47 am</li> <li>20. *4 x 100m Sr. Girls 11:57 am</li> <li>21. *4 x 100m Sr. Boys 12:07 pm</li> <li style="padding-left: 20px;"><b>*(relay start times determined by numbers of teams)</b></li>   <li>22. 110mH Sr Boys (2 sections) (36”) 12:17 pm</li> <li>23. 100mH Jr Boys (2 sect) (36”) 12:27 pm</li> <li>24. 100mH Sr Girls (2 sect) (33”) 12:37 pm</li> <li>25. 100mH Gr 8 Boys (5 athletes) (33”) 12:47 pm</li> <li>26. 80mH Jr Girls (2 sect) (30”) 12:55 pm</li> <li>27. 80mH Gr 8 Girls (7 athletes) (30”) 1:02 pm</li> </ol>	<ol style="list-style-type: none"> <li>28. 800m 8 Girls (15 athletes) 1:10 pm</li> <li>29. 800m 8 Boys (13 athletes) 1:20 pm</li> <li>30. 800m Jr Girls (17 athletes) 1:28 pm</li> <li>31. 800m Jr Boys (11 athletes) 1:36 pm</li> <li>32. 800m Sr Girls (12 athletes) 1:41 pm</li> <li>33. 800m Sr Boys (2 sect - 22 athletes) 1:46 pm</li> <li>34. 200m Gr 8 Girls (2 sects) 2:00 pm</li> <li>35. 200m Gr 8 Boys (2 sects) 2:10 pm</li> <li>36. 200m Jr Girls (4 sects) 2:20 pm</li> <li>37. 200m Jr Boys (3 sects) 2:40 pm</li> <li>38. 200m Sr. Girls (3 sects) 2:55 pm</li> <li>39. 200m Sr. Boys (5 sects) 3:10 pm</li>   <li>40. 4x400m (all ages) 3:35 pm</li> <li style="color: red; padding-left: 20px;">(This event is to provide athletes an opportunity to compete in a 400m race)</li>   <li style="padding-left: 20px;"><b>*(Number of 4x400m relays determined by the number of teams)</b></li> <li style="padding-left: 20px;"><b>* Schools are welcomed and encouraged to form unattached relay teams for faster relay squads.</b></li>   <li><b>Steeplechase – there will be four races – 2 Female and 2 Male</b></li> <li>40. 1500m SC Jr Girls (30”)(7 ath) 3:50 pm</li> <li>41. 1500m SC Jr Boys (30”)(7 ath) 4:00 pm</li> <li>42. 2000m SC Sr. Girls (30”)(7 ath) 4:10 pm</li> <li>43. 2000m SC Sr. Boys (33”)(12 ath) 4:20 pm</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>Distance</b>	<b>Height</b>	<b>#Barriers</b>	<b># Water Jumps</b>	<b>Total</b>
Junior Girls/Boys	1500m	30" (0.762m)	12	3	15
Senior Girls	2000m	30" (0.762m)	18	5	23
Senior Boys	2000m	33" ((0.838m)	18	5	23

### 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)