



3rd Annual BC Interior Elementary School Championship Hillside Stadium, Kamloops, BC June 13, 2026

Hosted by Kamloops Track and Field Club
Sanctioned by BC Athletics

Location:

Hillside Stadium, 910 McGill Road, Kamloops, BC

Facility:

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

Meet Director:

Wayne Elke - 250-554-4240
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Meet Manager:

Judy Armstrong – 250-319-6321
Judy54armstrong@gmail.com

Entries Chairperson:

Brian Beck – 250-319-1900
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Eligible Athletes and Events: (2025-2026 school year)

- Grade 4 – Boys and Girls (60m, 100m, 300m, 600m, TJ, LJ, HJ, SP)
- Grade 5 – Boys and Girls (60m, 100m, 300m, 600m, TJ, LJ, HJ, SP)
- Grade 6 – Boys and Girls (80m, 100m, 300m, 800m, TJ, LJ, HJ, SP)
- Grade 7 – Boys and Girls (100m, 300m, 800m, TJ, LJ, HJ, SP)

Entry Information:

All entries are done through Trackie at - <https://www.trackie.com/event/bcinteriorelemchamps2026>

- Regular Entry Deadline: June 5, 2026, at 11:59pm.
 - Entry Fee: \$10 per individual event
 - Late Entry Deadline: June 8, 2026, at 11:59pm
 - Late Fee: \$15 per individual event
 - Non-member \$5 for non-members of BC Athletics
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- Entry fees will not be refunded for any reason (scratch, injury, etc.) after June 12, 2026

- Relay team members should be athletes of the school they represent and compete in the grade of the oldest athlete on that team. Registration for this event will be at the meet. For schools with fewer athletes, we will allow multi-school relay teams as long as athletes from a school have the opportunity to be on a team before other schools' athletes can be used.
- Athlete registration can be done online by someone at the school (at the discretion of the school adult), or by each athlete's parent.
- Each competing athlete who is not a member of BC Athletics will be charged an individual "Non-Member Licence" fee (\$5) when registering. This fee is to provide insurance coverage for the athlete for the day of the meet.

Competition Rules and Other Information

Competition numbers will be assigned to each competitor and must be worn ONLY by that individual for the whole meet. Competition numbers must be worn on the front by all competitors for all their events. These numbers must be visible for each track event so that the cameras can see them. The table to pickup numbers will be open at 7:45 am on June 13, 2026.

Track Events:

All track events will be run as timed finals. Some of the events may run with boys and girls together, depending on the registered numbers. Awards will be given for placement in each gender in these mixed events.

Field Events:

- Long Jump, Triple Jump, and Shot Put - Each athlete will be given 1 practice jump and 3 measured jumps.
- High Jump – each athlete will have up to 3 attempts at each height until they have 3 misses in a row.
- Shot Put Weights
 - Gr 4, Gr 5 Boys and Girls – 2.0 Kg
 - Gr 6 Girls – 2.0 Kg
 - Gr 6 Boys, Gr 7 Boys and Girls – 3.0 Kg
- High Jump Starting Heights

GRADE	Gr 4	Gr 5	Gr 6	Gr 7
GIRLS	0.90 m	1.00 m	1.05 m	1.15 m
BOYS	0.95 m	1.05 m	1.10 m	1.20 m

*Note

Ties, in any event, will be broken with World Athletics (WA) rules. Any other questions will also be resolved with WA rules.

Awards:

Ribbons will be awarded for 1st to 3rd place and can be picked up 30 minutes after the event is completed. Ribbons for relay teams will be awarded to each team member of that team.

Results:

Results will be posted on our Live Results page (<http://www.kamtrack.ca/liveresults>) shortly after each event is completed.

After the meet all results will be posted on [kamtrack.ca](http://www.kamtrack.ca) on the Meets and Results page (scroll down the page to view the Quick Results section).

**Marshalling:**

Check-in for all field events will be at the event location. Check-in for all track events will be at the start line for each event. All athletes should check in at least 20 min. before the scheduled event start time. Be aware that events may be ahead or behind the scheduled times.

Order of Events:

Track events will run from oldest to youngest, males followed by females, and may start up to 30 minutes earlier than scheduled. **Please pay attention to announcements for any changes to start times.**

Athletes with conflicting events:

Track events will go as scheduled. Athletes must notify the officials at all events that are in conflict. Athletes in field events will forego their attempt in a round if the round has been completed before they return.

Competitive Attire:

All athletes should wear their school jerseys, shorts, and running shoes or spikes while competing if the school will allow them to be used. If the school will not allow their school jerseys to be worn, then appropriate t-shirts and shorts may be worn. The maximum spike length allowed is 6mm.

Medical:

St. John's Ambulance on-site.

Concession:

There will be a food truck available at the meet.