

North and West Okanagan Zone TRACK AND FIELD CHAMPIONSHIPS
Hillside Stadium in Kamloops- Thursday May 7, 2015
***ALL TIMES ARE APPROXIMATE**

TIME	EVENT	AGE
9:30 A.M.	1500m Racewalk	all categories
9:45 A.M.	400M Hurdles	SR Girls and Boys
9:55 A.M.	300M Hurdles	JR Girls and Boys
10:05 A.M.	3000 Meters	Gr 8, JR and SR Boys
10:15 A.M.	3000 Meters	Gr 8, JR and SR Girls
10:25 A.M.	80M Hurdles	8 Girls & JR Girls
10:45 A.M.	100M Hurdles	SR Girls
10:55 A.M.	100Mh	8 BOYS & JR Boys
11:05 A.M.	110M Hurdles	SR Boys
11:15 A.M.	200M	8 Girls
11:25 A.M.	200M	JR & SR Girls
11:35 A.M.	200M	JR & SR Boys
11:45 A.M.	200M	8 Boys
LUNCH		
12:15 P.M.	1500M	JR & SR Boys
12:20 P.M.	1500M	JR & SR Girls
12:30 P.M.	1500M	8 Boys
12:40 P.M.	1500M	8 Girls
12:50 P.M.	100M	SR Boys
1:00 P.M.	100M	JR Boys
1:10 P.M.	100M	SR Girls
1:10 P.M.	100M	JR Girls
1:20 P.M.	100M	8 Boys
1:20 P.M.	100M	8 Girls
1:30 P.M.	800M	JR & SR Boys
1:40 P.M.	800M	JR & SR Girls
1:50 P.M.	800M	8 Boys
2:00 P.M.	800M	8 Girls
FINALS FOR 200M IF REQUIRED		
2:10 P.M.	400M	JR & SR Boys
2:15 P.M.	400M	JR & SR Girls
2:20 P.M.	400M	8 Boys
2:25 P.M.	400M	8 Girls
FINALS FOR 100M IF REQUIRED		
2:35 P.M.	1500MSTEEPLE	JR Boys & Jr/Sr Girls
2:45 P.M.	2000M STEEPLE	SR Boys
3:00 P.M.	4 x 100M	SR Boys
3:00 P.M.	4 x 100M	JR Boys
3:10 P.M.	4 x 100M	SR Girls
3:10 P.M.	4 x 100M	JR Girls
3:20 P.M.	4 x 100M	8 Boys
3:20 P.M.	4 x 100M	8 Girls
Possible break to give athletes a bit of rest		
3:30 P.M.	4 x 400M	SR Boys
3:30 P.M.	4 x 400M	JR Boys
3:40 P.M.	4 x 400M	SR & JR Girls
3:40 P.M.	4 x 400M	8 Boys
3:50 P.M.	4 x 400M	8 Girls

Entry Limits

Each school may enter

- 3 grade 8 athletes per event
- 3 Jr athletes per event
- 3 Sr athletes per event

Individual athletes can enter a maximum of 3 events. In addition, each athlete can also be in 2 relays.

Fees Payable

\$10 per athlete to a maximum of 200 per school, if all registration from the school come in together. If paying by cheque, make cheque payable to Kamloops Track and Field Club

Qualifying for the Okanagan Valley Championship
(Kamloops - Wednesday, May 13, 2015 – Tentative start time is 9:30 am)

- Seniors - Top 3 seniors from each of the North and the West Zones
- Juniors – Top 3 juniors from each of the North and the West Zones
- Grade 8 – Top 2 Grade 8s from each of the North and the West Zones

Visit www.revelstoketrack.ca, or www.kamloopstrackandfield.ca for results.

Tentative – March 6, 2015

* Note: There will be pole vault offered for boys and girls starting at 12:00pm

** Hammer Throw for girls will start as soon as the Boys Hammer is finished

Field Events Schedule

Please note that the start times are NOT fixed. Any changes in these start times will be announced over the PA.

Every effort will be made to give 2 warm-up and 3 attempts for each throwing event.

	HJ	TJ Pit 1	TJ Pit 2	LJ Pit 1	LJ Pit 2	SP	DT	HT	JT	PV
9:30 AM						Jr Boys	8/Sr Boys Circle 2		Jr Girls	
9:45 AM										
10:00 AM	Jr Boys	8/Sr Boys	Jr Girls							
10:15 AM										
10:30 AM						8/Sr Boys	8/Sr Girls Circle 2		Jr Boys	
10:45 AM										
11:00 AM	Jr Girls	Jr Boys	8/Sr Girls							
11:15 AM										
11:30 AM						Jr Girls	Jr Boys Circle 2		8/Sr Girls	
11:45 AM										
12:00 PM	8/Sr Boys			Jr Boys	8/Sr Girls					Boys & Girls
12:15 PM										
12:30 PM						8/Sr Girls	Jr Girls Circle 2		8/Sr Boys	
12:45 PM										
1:00 PM				8/Sr Boys	Jr Girls					
1:15 PM										
1:30 PM	8/Sr Girls									
1:45 PM								All Boys Circle 1	Begins as soon as the boys JT is done	
2:30 PM								All Girls Circle 1	Begins as soon as the boys HT is done	

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"	
Junior	80m	30"	
Junior	300m	30"	7
Senior	100m	33"	
Senior	400m	30"	10

Boys	Dist	Ht	# of hurdles
Gr 8	100m	33"	
Junior	100m	36"	
Junior	300m	33"	7
Senior	110m	39"	
Senior	400m	36"	10

Steeplechase Specifications

Girls		
Open Junior	1500m	30" - water
Senior	1500m	30" - water

Boys		
Open Junior	1500m	30" - water
Senior	2000m	33" - water