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

9:30 A.M. 1500m Racewalk all categories 9:45 A.M. 400M Hurdles SR Girls and Boys 9:55 A.M. 3000 Meters Gr 8, JR and SR 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 10:25 A.M. 100M Hurdles SR Girls 10:55 A.M. 100M Hurdles SR Girls 10:55 A.M. 100M Hurdles SR Boys 11:05 A.M. 100M Hurdles SR Boys 11:15 A.M. 200M 8 Girls 11:25 A.M. 200M JR & SR Boys 11:35 A.M. 200M JR & SR Boys 11:45 A.M. 200M JR & SR Boys 11:45 A.M. 200M JR & SR Boys 12:20 P.M. 1500M JR & SR Girls 12:30 P.M. 1500M JR & SR Boys 12:40 P.M. 100M SR Girls 12:50 P.M. 100M JR Boys 1:10 P.M. 100M JR Girls<	TIME	EVENT	AGE				
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	FINALS FOR 200M IF REQUIRED						
	2:10 P.M.	400M	JR & SR Boys				
2:15 P.M. 400M JR & SR Girls	2:15 P.M.	400M	JR & SR Girls				
2:20 P.M. 400M 8 Boys	2:20 P.M.	400M	8 Boys				
2:25 P.M. 400M 8 Girls			8 Girls				
FINALS FOR 100M IF REQUIRED	FINALS FOR	100M IF REQUIRED					
2:35 P.M. 1500MSTEEPLE JR Boys & Jr/Sr Girls	2:35 P.M.	1500MSTEEPLE	JR Boys & Jr/Sr Girls				
2:45 P.M. 2000M STEEPLE SR Boys	2:45 P.M.	2000M STEEPLE	SR Boys				
3:00 P.M. 4 x 100M SR Boys	3:00 P.M.	4 x 100M	SR Boys				
3:00 P.M. 4 x 100M JR 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	SR Girls				
3:10 P.M. 4 x 100M JR Girls	3:10 P.M.		JR Girls				
3:20 P.M. 4 x 100M 8 Boys	3:20 P.M.	4 x 100M	8 Boys				
3:20 P.M. 4 x 100M 8 Girls	3:20 P.M.	4 x 100M	8 Girls				
Possible break to give athletes a bit of rest	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	SR Boys				
3:30 P.M. 4 x 400M JR 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	SR & JR Girls				
3:40 P.M. 4 x 400M 8 Boys	3:40 P.M.	4 x 400M	8 Boys				
3:50 P.M. 4 x 400M 8 Girls	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	НТ	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		1	1	8/Sr Boys	Jr Girls					
1:15 PM		1	1							
1:30 PM	8/Sr Girls	1	1							
1:45 PM								All Boys Circle 1	Begins as soon a done	s the boys JT is
2:30 PM								All Girls Circle 1	Begins as soon a done	s the boys HT is

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