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|  | **Best Western Battle of the Border****High School Track Meet****Saturday, April 28th, 2018** **Hillside Stadium, Kamloops, BC** |  |

**BEST WESTERN BATTLE OF THE BORDER INVITATIONAL – Final SCHEDULE (April 26, 2018)**

**Note:** Schedule is considered “flexible” and may have to be altered depending on numbers of entries. However, the meet will not begin before posted starting time. 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 done, the next one will begin in the order shown below**.

**Track Events Schedule**

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| **Coachs’ Meeting (at finish line) 8:45 am**1. 3000m Jr/Sr Girls 9:00 am
2. 3000m Jr/Sr Boys 9:15 am
3. 100m 8 Girls 9:30 am
4. 100m 8 Boys 9:40 am
5. 100m Jr Girls 9:45 am
6. 100m Jr Boys 9:55 am
7. 100m Sr Women 10:10 am
8. 100m Sr Men 10:25 am
9. 1500m 8 Girls/Boys 10:45 am
10. 1500m Jr Girls/Boys 10:55 am
11. 1500m Sr. Women 11:10 am
12. 1500m Sr. Men 11:20 am
13. \*4 x 100m 8/Jr Girls 11:45 pm
14. \*4 x 100m 8/Jr Boys 12:00 pm
15. \*4 x 100m Sr. Women 12:15 pm
16. \*4 x 100m Sr. Men 12:25 pm
17. 110mH Sr. Men 1:00 pm
18. 100mH Jr Boys 1:15 pm
19. 100mH Sr Women 1:20 pm
20. 100mH Gr 8 Boys 1:25 pm
 | 1. 80mH 8, Jr Girls 1:40140 pm
2. 200m 8 Girls 1:45 pm
3. 200m 8 Boys 2:00 pm
4. 200m Jr Girls 2:05 pm
5. 200m Jr Boys 2:15 pm
6. 200m Sr. Women 2:30 pm
7. 200m Sr. Men 2:40 pm
8. 800m 8 Girls 3:00 pm
9. 800m 8 Boys 3:05 pm
10. 800m Jr Girls 3:10 pm
11. 800m Jr Boys 3:15 pm
12. 800m Sr. Women 3:20 pm
13. 800m Sr. Men 3:25 pm

\*30. 4x400 8 Girls & Boys 3:45 pm \*31. 4x400 Jr./Sr Girls 3:50 pm\*32. 4x400 Jr Boys 4:00 pm\*33. 4x400 Sr Men 4:10 pm**Steeplechase – there will only be two races – Female and Male**34. 1500m SC Jr Girls, Sr Women (30”) 4:15 pm35. 1500m SC Jr Boys, Sr. Boys (33”) 4:25 pm\* **Schools are welcomed and encouraged to combine teams to form faster relay squads**.  |

**\* Note: There will be pole vault offered for girls starting at 10:30 am and boys starting at about 1:00 pm**

**BATTLE OF THE BORDER IMPLEMENT AND HURDLE SPECS**

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|  | **HURDLES** | **SHOT PUT** | **DISCUS** | **JAVELIN** | **HAMMER** |
| **Gr 8 Girls** | 80m – 30” (0.762m) | 3 kg | 1 kg | 500 g | 3 kg |
| **Jr Girls** | 80m – 30” (0.762m) | 3 kg | 1 kg | 500 g | 3 kg |
| **Sr Girls** | 100m – 33” (0.838m) | 4 kg | 1 kg | 600 g | 4 kg |
| **Gr 8 Boys** | 100m – 33” (0.838m) | 4 kg | 1 kg | 600 g | 4 kg |
| **Jr Boys** | 100m – 36” (0.914m) | 5 kg | 1.5 kg | 700 g | 5 kg |
| **Sr Boys** | 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**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **BOYS** | **Distance** | **Height** | **# Hurdles** | **S>1st H** | **H<>H** | **H>F** |
| 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 |
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|  |  |  |  |  |  |  |
| **GIRLS** | **Distance** | **Height** | **# Hurdles** | **S>1st H** | **H<>H** | **H>F** |
| 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**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **BOYS**  | **Distance** |  **Height**  | **#Barriers**  | **# Water Jumps**  | **Total**  |
| Junior  | 1500m  | 30” (0.762m)  | 12 | 3 | 15 |
| Senior - if interested, Sr Boys will run the Jr Steeple |  |  |  |
|  |  |  |  |  |  |
| **GIRLS**  | **Distance** |  **Height**  | **#Barriers**  | **# Water Jumps**  | **Total**  |
| Junior  | 1500m  | 30” (0.762m)  | 12 | 3 | 15 |
| Senior  | 1500m  | 30” (0.762m)  | 12 | 3 | 15 |

**Suggested hurdle order (competition planning)**:

* Senior Boys 110m @ 36”
	+ Junior Boys 100m @ 36”
		- Senior Girls 100m @ 33”
		- Grade 8 Boys 100m @ 33”
			* Junior Girls 80m @ 30”
			* Grade 8 Girls 80m @ 30”