North and West Okanagan Zone TRACK AND FIELD CHAMPIONSHIPS Hillside Stadium in Kamloops- Tuesday May 8, 2017 *ALL TRACK TIMES ARE APPROXIMATE *

Final Track Schedule – May 6, 2018

TIME	EVENT	AGE
9:30 A.M.	1500m Racewalk	all categories
9:45 A.M.	400M Hurdles	SR Girls and Boys
9:52 A.M.	300M Hurdles	JR Girls and Boys
10:00 A M	200m Hurdles	Gr 8 Girls and Boys
10:07 A.M.	3000 Meters	Gr 8, JR and SR Boys
10:25 A.M.	3000 Meters	Gr 8, JR and SR Girls
10:40 A.M.	110M Hurdles	SR Boys
10:50 A.M.	100M Hurdles	SR Girls
11:00 A.M.	100M Hurdles	Gr 8 BOYS & JR Boys
11:10 A.M.	80M Hurdles	JR Girls & Gr 8 Girls
11:25 A.M.	200M	8 Boys
11:30 A.M.	200M	Sr Girls
11:40 A.M.	200M	SR Boys
11:45 A.M.	200M	Jr Girls & Gr 8 Girls
12:05 PM	200M	Jr Boys
LUNCH		
12:30 P.M.	1500M	SR Boys
12:35 P.M.	1500M	JR & SR Girls
12:40 P.M.	1500M	Jr Boys
12:45 P.M.	1500M	8 Girls & Gr 8 Boys
1:00 P.M.	100M	SR Girls
1:07 P.M.	100M	SR Boys
1:14 P.M.	100M	JR Girls
1:28 P.M.	100M	JR Boys
1:42 P.M.	100M	8 Girls
1:52 P.M.	100M	8 Boys
2:00 P.M.	800M	JR & SR Girls
2:05 P.M.	800M	JR & SR Boys
2:07 P.M.	800M	8 Girls
2:11 P.M.	800M	8 Boys
2:15 P.M.	400M	JR & SR Girls
2:23 P.M.	400M	JR & SR Boys
2:40 P.M.	400M	8 Girls
2:47 P.M.	400M	8 Boys
2:50 P.M.	1500MSTEEPLE	JR Boys & Jr/Sr Girls
3:00 P.M.	2000M STEEPLE	SR Boys
3:10 P.M.	4 x 100M	SR Boys
3:10 P.M.	4 x 100M	SR Girls
3:14 P.M.	4 x 100M	JR Girls
3:22 P.M.	4 x 100M	JR Boys
3:26 P.M.	4 x 100M	8 Girls
3:30 P.M.	4 x 100M	8 Boys
	to give athletes a bit of r	
3:50 P.M.	4 x 400M	SR & JR Girls
3:55 P.M.	4 x 400M	SR Boys & JR Boys
4:05 P.M.	4 x 400M	8 Girls & 8 Boys

Entry Limits

Each school may enter (**please check** carefully)

- 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 plus \$3 per athlete if not members of BC Athletics. If paying by cheque, make cheque payable to Kamloops Track and Field Club

Qualifying for the Okanagan Valley Championship (Kamloops - Tuesday, May 15, 2018 – 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 3 Grade 8s from each of the North and the West Zones

Online Registration Link http://www.trackiereg.com/2018 -NandWZone

Visit www.kamtrack.ca for results.

FINAL - May 6, 2018

* Note: There will be pole vault offered for boys and girls starting at 10:30 am

Field Events Schedule

** Hammer Throw for girls will start as soon as the Boys Hammer is finished be at 2:30pm

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

Every attempt will be made to give 2 warm-up and 3 attempts for each throwing and horizontal jumps event. In High Jump, if time becomes an issue, the event will stop when 3 ren

	TTT	TT D24 1	TI D:4 2	T T D24 1	T T D:4 2	SP	DT	TIT	Tr	D\$7
00 00 434	HJ	TJ Pit 1	TJ Pit 2	LJ Pit 1	LJ Pit 2	SP	DT	HT	JT	PV
09:00 AM										
09:15 AM	G 0 G 1	G /I D	G O D			Y D	G 0/G D (2)		Y C: 1	
09:30 AM	Gr 8 Girls	Sr/Jr Boys	Gr 8 Boys			Jr Boys	Gr 8/Sr Boys (2)		Jr Girls	
09:45 AM										
10:00 AM	_		- /							
10:15 AM	Sr Boys		Jr/Sr Girls							
10:30 AM		~ ~~				Gr 8/Sr Boys	Gr 8/Sr Girls (2)		Jr Boys	Boys & Girls
10:45 AM		Gr 8 Girls								
11:00 AM	~ ~									
11:15 AM	Sr Girls									
11:30 AM						Jr Girls	Jr Boys Circle 2		Gr 8/Sr Girls	
11:45 AM				Sr Boys	Jr Boys					
12:00 PM										
12:15 PM	Jr Girls									
12:30 PM				Jr Girls		Gr 8/Sr Girls	Jr Girls Circle 2		Gr 8/Sr Boys	
12:45 PM										
01:00 PM					Sr Girls					
01:15 PM	Jr Boys									
01:30 PM										
01:45 PM					Gr 8 Girls			Jr & Sr Boys (1)		ys HT will start
02:00 PM									as soon as the	boys JT is finished
02:15 PM	Gr 8 Boys			Gr 8 Boys						
02:30 PM								Jr & Sr Girls (1)	The state of the s	rls HT will start
02:45 PM									as soon as the	boys HT is finished
03:00 PM										
03:15 PM										
03:30 PM										
04:00 PM										

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"	8 (12-8-12)
Gr 8	200m	30"	5 (20-35-40)
Junior	80m	30"	8 (12-8-12)
Junior	300m	30"	7 (50-35-40)
Senior	100m	33"	10 (13-8.5-10.5)
Senior	400m	30"	10 (45-35-40)

Boys	Dist	Ht	# of hurdles
Gr 8	100m	33"	10 (13-8.5-10.5)
Gr 8	200m	30"	5 (20-35-40)
Junior	100m	36"	10 (13-8.5-10.5)
Junior	300m	33"	7 (50-35-40)
Senior	110m	36"	10 (13.72-9.14-14.02)
Senior	400m	36"	10 (45-35-40)

Steeplechase Specifications

Girls	Distance	Height	Barriers
Open Junior	1500m	30" - water	12 barriers, 3 water
Senior	1500m	30" - water	12 barriers, 3 water

Boys	Distance	Height	Barriers	
Open	1500m	30" - water	12 barriers,	
Junior			3 water	
Senior	2000m	33" - water	18 barriers,	
			5 water	

Due to potential injury, coaches are requested to NOT enter athletes in Hurdle events if they haven't previously practised and competed in hurdles.