

Okanagan Zones TRACK AND FIELD CHAMPIONSHIPS
Hillside Stadium in Kamloops - Monday, May 13, 2019
***ALL TIMES ARE APPROXIMATE**

All Races are Timed Finals

FINAL Schedule

TIME	EVENT	AGE
9:30 A.M.	1500m Racewalk	all categories
9:50 A.M.	400M Hurdles	SR Girls and Boys
10:00 A.M.	300M Hurdles	JR Girls and Boys
10:15 A.M.	200M Hurdles	Gr 8 Girls and Boys
10:25 A.M.	3000 Meters	Gr 8, JR and SR Girls
10:40 A.M.	3000 Meters	Gr 8, JR and SR Boys
11:00 A.M.	110M Hurdles	SR Boys
11:05 A.M.	100M Hurdles	JR Boys
11:20 A.M.	100M Hurdles	SR Girls
11:25 A.M.	100M Hurdles	Gr 8 Boys
11:40 A.M.	80M Hurdles	Gr 8 & Jr Girls
12:00 P.M.	200M	SR Girls
12:05 P.M.	200M	SR Boys
12:10 P.M.	200M	JR Girls
12:15 P.M.	200M	JR Boys
12:20 P.M.	200M	Gr 8 Girls
12:30 P.M.	200M	Gr 8 Boys
1:05 P.M.	1500M	SR Girls and Boys
1:15 P.M.	1500M	JR Girls and Boys
1:30 P.M.	1500M	Gr 8 Girls
1:35 P.M.	1500M	Gr 8 Boys
1:45 P.M.	100M	SR Girls
1:50 P.M.	100M	SR Boys
1:50 P.M.	100M	JR Girls
2:00 P.M.	100M	JR Boys
2:05 P.M.	100M	Gr 8 Girls
2:15 P.M.	100M	Gr 8 Boys
2:25 P.M.	800M	SR Girls & Boys
2:30 P.M.	800M	JR Girls & Boys
2:38 P.M.	800M	Gr 8 Girls
2:41 P.M.	800M	Gr 8 Boys
2:48 P.M.	400M	SR Girls
2:52 P.M.	400M	SR Boys
2:56 P.M.	400M	JR Girls
3:05 P.M.	400M	JR Boys
3:10 P.M.	400M	Gr 8 Girls
3:15 P.M.	400M	Gr 8 Boys
3:30 P.M.	1500M STEEPLE	JR Boys & Jr/Sr Girls
3:35 P.M.	2000M STEEPLE	SR Boys
4:00 P.M.	4 x 100M	SR Girls
4:05 P.M.	4 x 100M	SR Boys
4:10 P.M.	4 x 100M	JR Girls
4:15 P.M.	4 x 100M	JR Boys
4:20 P.M.	4 x 100M	Gr 8 Girls
4:25 P.M.	4 x 100M	Gr 8 Boys
4:40 P.M.	4 x 400M	SR Girls
4:45 P.M.	4 x 400M	SR Boys
4:50 P.M.	4 x 400M	JR Girls & Boys
5:00 P.M.	4 x 400M	Gr 8 Girls
5:10 P.M.	4 x 400M	Gr 8 Boys

Entry Limits

Each zone 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

\$20 per athlete to a maximum of \$400 per school. If paying by cheque, make cheque payable to Kamloops Track and Field Club

Qualifying for the Provincial
 High School Championship
 (Kelowna, May 30 – June 1,
 2019)

- Seniors - Top 4 seniors
- Juniors – Top 4 juniors
- Grade 8 – gr. 8's will be submitted by coaches as in past years. Go to <http://www.bctfa.ca/> for updated information on grade 8 invitational provincials.

Visit www.kamtrack.ca after the meet for results.

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
Junior	80m	30"	8
Senior	100m	33"	10
Gr 8	200m	30"	5
Junior	300m	30"	7
Senior	400m	30"	10
Boys	Dist	Ht	# of hurdles
Gr 8	100m	33"	10
Junior	100m	36"	10
Senior	110m	36"	10
Gr 8	200m	30"	5
Junior	300m	33"	7
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