

South and Central Okanagan Zone Track and Field Championships May 10, 2022

TIME	EVENT	Division
10:00	1500m Racewalk	all categories Gr 8,JR,SR
10:15	400M Hurdles	SR Girls and Boys
10:20	300M Hurdles	JR Girls and Boys
10:30	200M Hurdles	Gr 7 + 8 Girls and Boys
10:40	3000 Meters	Gr 7 + 8 Boys and Girls, JR and SR Girls
10:50	3000 Meters	JR and SR Boys
11:05	80M Hurdles	7G, 7B, 8G, JR Girls 30"
11:20	100M Hurdles	8 B + SR Girls 33"
11:30	100M Hurdles	JR Boys 36"
11:35	110M Hurdles	SR Boys 36"
11:40	200M	7 & 8 Girls
11:45	200M	7 & 8 Boys
11:55	200M	JR & SR Girls
12:05	200M	JR & SR Boys
12:15	1500M	JR & SR Boys
12:25	1500M	JR & SR Girls
12:35	1500M	7 & 8 Boys
12:45	1500M	7 & 8 Girls
1:00	100M	SR Boys
1:05	100M	JR Boys
1:10	100M	SR Girls
1:15	100M	JR Girls
1:20	100M	8 Boys
1:25	100M	8 Girls
1:30	100M	7 Boys
1:35	100M	7 Girls
1:45	800M	JR & SR Boys
1:55	800M	JR & SR Girls
2:05	800M	7 & 8 Boys
2:15	800M	7 & 8 Girls
2:25	400M	JR & SR Boys
2:35	400M	JR & SR Girls
2:45	400M	7 & 8 Boys
2:55	400M	7 & 8 Girls
3:10	1500M STEEPLE	Gr 8, JR Boys & JR/SR Girls
3:25	2000M STEEPLE	SR Boys
3:40	4 x 100M	JR & SR Boys
3:45	4 x 100M	JR & SR Girls
3:50	4 x 100M	7 & 8 Boys
4:00	4 x 100M	7 & 8 Girls
4:10	4 x 400M	JR & SR Boys
4:20	4 x 400M	JR & SR Girls
4:30	4 x 400M	7 & 8 Boys
4:40	4 x 400M	7 & 8 Girls

Track Events: Athletes MUST participate in the Zones to advance to the Valleys.

The top 3 Central and the Top 3 South Athletes in the Grade 8, Junior, and Senior Divisions advance to Valleys.

Times are approximate.

Track Events can run up to 30 minutes ahead of schedule.

Divisions will be combined when space and time allow.

Please stay away from the finish area to prevent interfering with the photo finish and electronic timing equipment.

Good luck; have fun; help out!

FIELD EVENTS May 10, 2022

	Pole Vault	Discus	Javelin	Shot Put	Hammer	Long Jump	Triple Jump	High Jump
10:05-10:45		7 Girls	Jr & Sr. Girls	8 Boys	-----	8 Girls	Jr & Sr Boys	7 Boys
10:45-11:25		8 Girls	7 Girls	Jr Boys	-----	Jr & Sr. Boys	7 Boys	8 Boys
11:25-12:05		Jr & Sr Boys	8 Girls	7 Boys	-----	8 Boys	7 Girls	Jr & Sr Girls
	12:00 Grade 8-12 Girls and Boys							
12:05-12:45		7 Boys	Sr. Boys	Jr & Sr Girls	-----	7 Girls	8 Girls	
12:45-1:25		8 Boys	Jr. Boys	Sr. Boys	-----	7 Boys	Jr & Sr. Girls	8 Girls
1:25-2:05		Jr & Sr Girls	7 Boys	7 Girls	-----	Jr Girls	8 Boys	Jr & Sr Boys
2:05-2:45			8 Boys	8 Girls	Jr/Sr Boys & Girls	Sr Girls		7 Girls
2:45-3:30					Gr 8 Girls & Boys			

Implementation Specifications

Discus:

Girls - all 1kg
Boys - Gr 7/8 - 1 kg Jr. 1.5 kg Sr. 1.75 kg

Hammer:

Girls - Jr 3kg, Sr 4kg
Boys - Jr 5kg, Sr 6kg

Javelin:

Girls - 7/8 500 g. Jr. 500 g. Sr. 600 g
Boys - 7/8 600 g. Jr. 700g. Sr. 800 g

Shot Put:

Girls - 7/8 3kg Jr. 3kg Sr. 4kg
Boys - 7/8 4kg Jr. 5kg Sr. 6kg

Hurdle Specifications GIRLS

Grade 7 + 8	200m +	80m-30"
Junior	300m +	80m-30"
Senior		100m - 33"
Senior		400m - 30"

Hurdle Specifications BOYS

Grade 7	80m 30"	200 30"
Grade 8	100m - 33"	200m 30"
Junior	100m - 36"	
Senior	110m - 36"	
Junior	300m - 33"	
Senior	400m - 36"	