



# Best Western Battle of BC High School Track Meet April 30, 2022 Hillside Stadium, Kamloops, BC



## Tentative TRACK SCHEDULE

**NOTE 1:** 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 completed, the next one will begin in the order shown below.**

**NOTE 2:** We may change the order of some of the events as we get close to 3:00 pm on Saturday in order to help out the Alberta schools who have to leave by 3:00 pm.

### Track Schedule Tentative (Apr 4, 2022)

#### Saturday, April 30 Track

<b>Coachs’ Meeting (at finish line)</b> <span style="float: right;"><b>8:45 am</b></span>	
1. 200mH Gr. 8 Girls/Boys <span style="float: right;">9:00 am</span>	22. 80mH 8, Jr Girls <span style="float: right;">1:35 pm</span>
2. 300mH Jr Girls/Boys <span style="float: right;">9:05 am.</span>	23. 200m 8 Girls <span style="float: right;">2:00 pm</span>
3. 400mH Sr Girls/Boys <span style="float: right;">9:20 am</span>	24. 200m 8 Boys <span style="float: right;">2:10 pm</span>
4. 100m 8 Girls <span style="float: right;">9:35 am</span>	25. 200m Jr Girls <span style="float: right;">2:15 pm</span>
5. 100m 8 Boys <span style="float: right;">9:45 am</span>	26. 200m Jr Boys <span style="float: right;">2:30 pm</span>
6. 100m Jr Girls <span style="float: right;">9:50 am</span>	27. 200m Sr. Girls <span style="float: right;">2:45 pm</span>
7. 100m Jr Boys <span style="float: right;">10:10 am</span>	28. 200m Sr. Boys <span style="float: right;">2:55 pm</span>
8. 100m Sr Girls <span style="float: right;">10:20 am</span>	29. 800m 8 Girls <span style="float: right;">3:20 pm</span>
9. 100m Sr Boys <span style="float: right;">10:35 am</span>	30. 800m 8 Boys <span style="float: right;">3:30 pm</span>
10. 1500m 8 Girls/Boys <span style="float: right;">11:00 am</span>	31. 800m Jr Girls <span style="float: right;">3:34 pm</span>
11. 1500m Jr Girls/Boys <span style="float: right;">11:10 am</span>	32. 800m Jr Boys <span style="float: right;">3:38 pm</span>
12. 1500m Sr. Girls <span style="float: right;">11:30 am</span>	33. 800m Sr. Girls <span style="float: right;">3:45 pm</span>
13. 1500m Sr. Boys <span style="float: right;">11:40 am</span>	34. 800m Sr. Boys <span style="float: right;">3:50 pm</span>
14. *4 x 100m 8/Jr Girls <span style="float: right;">12:00 pm</span>	35. Mixed 4x400m (2 girls, 2 boys) <span style="float: right;">3:50 pm</span>
15. *4 x 100m 8/Jr Boys <span style="float: right;">12:10 pm</span>	<b>Steeplechase – there will only be two races – Female and Male</b>
16. *4 x 100m Sr. Girls <span style="float: right;">12:20 pm</span>	34. 1500m SC Jr Girls, Sr Girls (30”) <span style="float: right;">4:10 pm</span>
17. *4 x 100m Sr. Boys <span style="float: right;">12:25 pm</span>	35. 1500m SC Jr Boys, Sr. Boys (30”) <span style="float: right;">4:20 pm</span>
18. 110mH Sr Boys <span style="float: right;">12:40 pm</span>	<b>* Schools are welcomed and encouraged form unattached relay teams to form faster relay squads.</b>
19. 100mH Jr Boys <span style="float: right;">1:00 pm</span>	
20. 100mH Sr. Girls <span style="float: right;">1:10 pm</span>	
21. 100mH 8 Boys <span style="float: right;">1:25 pm</span>	

# BATTLE OF BC IMPLEMENT AND HURDLE SPECS

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

<b>BOYS</b>	<b>Distance</b>	<b>Height</b>	<b># Hurdles</b>	<b>S&gt;1st H</b>	<b>H&lt;&gt;H</b>	<b>H&gt;F</b>
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

<b>GIRLS</b>	<b>Distance</b>	<b>Height</b>	<b># Hurdles</b>	<b>S&gt;1st H</b>	<b>H&lt;&gt;H</b>	<b>H&gt;F</b>
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

<b>BOYS</b>	<b>Distance</b>	<b>Height</b>	<b>#Barriers</b>	<b># Water Jumps</b>	<b>Total</b>
Junior	1500m	30" (0.762m)	12	3	15
Senior	- if interested, Sr Boys will run the Jr Steeple				

<b>GIRLS</b>	<b>Distance</b>	<b>Height</b>	<b>#Barriers</b>	<b># Water Jumps</b>	<b>Total</b>
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" (0.914m)
  - Junior Boys 100m @ 36" (0.914m)
    - Senior Girls 100m @ 33" (0.840m)
    - Grade 8 Boys 100m @ 33" (0.840m)
      - Junior Girls 80m @ 30" (0.762m)
      - Grade 8 Girls 80m @ 30" (0.762m)