



# “Battle of the Border” High School Track Meet

## Saturday, April 30<sup>th</sup>, 2016

### Hillside Stadium, Kamloops, BC



#### BATTLE OF THE BORDER INVITATIONAL – **Tentative** SCHEDULE (Mar. 13, 2016)

**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. Grade 8’s and Jr.’s 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

<b>Coachs’ Meeting (at finish line)</b>	<b>8:45 am</b>		
1. 3000m Jr/Sr Girls	9:00 am	19. 110mH Sr Men	1:05 pm
2. 3000m Jr/Sr Boys	9:15 am	20. 200m 8 Girls	1:15 pm
3. 100m 8 Girls	9:30 am	21. 200m 8 Boys	1:25 pm
4. 100m 8 Boys	9:40 am	22. 200m Jr Girls	1:35 pm
5. 100m Jr Girls	9:50 am	23. 200m Jr Boys	1:45 pm
6. 100m Jr Boys	10:00 am	24. 200m Sr. Women	1:55 pm
7. 100m Sr Women	10:10 am	25. 200m Sr. Men	2:05 pm
8. 100m Sr Men	10:20 am	26. 800m 8/Jr Girls	2:15 pm
9. 1500m 8/Jr Girls	10:30 am	27. 800m 8/Jr Boys	2:25 pm
10. 1500m 8/Jr Boys	10:45 am	28. 800m Sr. Women	2:35 pm
11. 1500m Sr. Women	11:00 am	29. 800m Sr. Men	2:45 pm
12. 1500m Sr. Men	11:15 am		
		*30. 4x100 8/Jr. Girls	3:00 pm
13. *4 x 400m 8/Jr Girls	11:30 am	*31. 4x100 8/Jr. Boys	3:15 pm
14. *4 x 400m 8/Jr Boys	11:45 am	*32. 4x100 Sr Women	3:30 pm
15. *4 x 400m Sr. Women	12:00 pm	*33. 4x100 Sr Men	3:45 pm
16. *4 x 400m Sr. Men	12:15 pm		
		<b>Steeplechase – there will only be two races – Female and Male</b>	
17. 80mH 8,Jr Girls	12:30 pm	34. 1500m SC Jr Girls, Sr Women (30’’)	4:00 pm
18. 100mH 8,Jr Boys, Sr. Women	12:50 pm	35. 1500m SC Jr Boys, Sr. Boys (33’’)	4:15 pm
		<b>* Schools are welcomed and encouraged to combine teams to form faster relay squads.</b>	

\* **Note:** There will be pole vault offered for boys and girls starting at 12:00 pm

## BATTLE OF THE BORDER IMPLEMENT AND HURDLE SPECS

	HURDLES	SHOT PUT	DISCUS	JAVELIN	HAMMER
<b>Gr 8 Girls</b>	80m – 30’’ (0.762m)	3 kg	1 kg	500 gm	3 kg
<b>Jr Girls</b>	80m – 30’’ (0.762m)	3 kg	1 kg	500 gm	3 kg
<b>Sr Girls</b>	100m – 33’’ (0.838m)	4 kg	1 kg	600 mg	4 kg
<b>Gr 8 Boys</b>	100m – 33’’ (0.838m)	4 kg	1 kg	600 mg	4 kg
<b>Jr Boys</b>	100m – 36’’ (0.914m)	5 kg	1.5 kg	700 gm	5 kg
<b>Sr Boys</b>	110m – 39’’ (0.991)	6 kg	1.75 kg	800 gm	6 kg

Visit [www.kamtrack.ca](http://www.kamtrack.ca) for full results