**Central and South Okanagan Zone Track and Field Championships May 8, 2018**

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| **TIME** | **EVENT** | **Divisions** |
| 10:00 | 1500m Racewalk | all categories (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 | 7-SR Girls |
| 10:55 | 3000 Meters | 7-SR Boys |
| 11:10 | 80M Hurdles | 7G, 7B, 8G, JR Girls 30" |
| 11:30 | 100M Hurdles | 8 B + SR Girls 33" |
| 11:35 | 100M Hurdles | JR Boys 36" |
| 11:40 | 110M Hurdles | SR Boys 36" |
| 11:45 | 200M | 7 & 8 Girls |
| 11:50 | 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 | 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 | SR & JR Girls |
| 4:30 | 4 x 400M | 7 & 8 Boys |
| 4:40 | 4 x 400M | 7 & 8 Girls |

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| 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! |