

# 17th ANNUAL TREVOR CRAVEN MEMORIAL MEET

Hosted by NorWesters Track and Field Club  
Sanctioned by B.C. Athletics

Saturday and Sunday, July 5<sup>th</sup> and 6<sup>th</sup>, 2003.  
Swangard Stadium, Burnaby, BC

## MEET INFORMATION.

All athletes must hold competitive membership with B C Athletics. International athletes must hold competitive status with their National Body.

<b>Age Classes:</b>	Junior Development	- 1994 through 1988, boys and girls
	Juveniles	- 1987 and 1986, male and female
	Juniors	- 1984 and younger, male and female
	Seniors	- male and female
	Masters	- 40 years plus, male and female
	Pre-Masters	- 35 to 39 years, male and female

**Age Restrictions:** Junior Development athletes must compete in their own age group. Age groups may be combined where necessary, but awards will be by age category. Masters athletes may be asked to compete with juveniles for track events and seniors for field events depending upon numbers.

Juveniles who wish to enter as Juniors, and Juveniles and Juniors who wish to compete as Seniors must do so for the entire meet. In this case they will receive age group awards according to the category in which they compete. Athletes competing in their own age categories will receive age group awards even if required to compete alongside other age group athletes.

### Awards:

Trevor Craven Awards to:

Junior Development, Juvenile and Junior.  
Medals - 1st through 3rd  
Ribbons 4th through 8th  
Masters and Pre-Masters (5 year categories) and Seniors  
Medals 1st through 3rd only.

### Feature Race: The Trevor Craven Memorial 1500m.

Awards will be given to the fastest high school age athletes, male and female. Keeper trophies are given to both male and female winners. There is also a perpetual trophy for the male winner. All athletes run in their own age group.

### Track Events:

- 100metre heats- 8 fastest times go to the final (heat times will be accepted as final times when there are 8 or fewer athletes).
- All races 200m or longer are timed finals.

**Field Events:**

- Athletes will be given practice trials as time permits.
- High Jump Starting Heights:

	<b>Male</b>	<b>Female</b>
1994	95cm	90cm
1993	100cm	90cm
1992	105cm	100cm
1991	110cm	105cm
1990	115cm	110cm
1989	125cm	120cm
1988	135cm	130cm
Juv/Jnr/Snr	150cm	140cm (or as decided by the group)
Masters/Pre-Masters	130cm	120cm (or as decided by the group)

- For JD athletes the bar will be moved up in 5cm increments until 2 athletes remain. The remaining athlete will decide on further increments of not less than 1cm in consultation with the Chief Judge. Older athletes will follow the rule as written in the IAAF Rule Book.
- Athletes competing in horizontal jumps and throws (1994 to 1990) will have three trials only.
- Athletes (1989 and older) will have three trials. The top eight competitors (and those tied for eighth place) will have a further three trials. Athletes in events with fewer than nine competitors will have six trials.

**NOTE:** For all events IAAF rules will be followed, except where different from the JD or Masters application of those rules.

**Weigh In/Measurement of Equipment:** Athletes who wish to use their own equipment must have the implements weighed in or measured by the BC Athletics official prior to the event.

**Spike Length:** Maximum length is 5mm.

**Acceleration of Events:** Events may be moved forward by 30 minutes, if feasible, at the Meet Director's discretion.

**Technical Meeting:** There will be a meeting for coaches in centre field at 8.30am on Saturday, July 5th.

**Warm Up Area:** Athletes may warm up outside the stadium on the north end on the grass area. The infield and competition areas may not be used.

**Marshalling:** Athletes for track events will be marshalled at the north end of the stands and escorted to their event areas. Field event athletes should wait under the appropriate tent until called. Coaches are welcome to accompany athletes to assist them to take marks etc. However, coaches or spectators may not remain in the competition area once an event has begun. An area will be designated by the chief judge for viewing and coaching.

**Registration Packages** will be available for pick up at 8:15am. Saturday July 5th at Swangard Stadium in the centre of the main stand. Athletes may not compete without their numbers that are in the registration package.

False statements may result in athlete disqualification from this and future events. By entering this event, all agree to abide by IAAF/CTFA/ BC Athletics rules.

**WE LOOK FORWARD TO YOU COMPETING AT OUR MEET !**

# 16th ANNUAL TREVOR CRAVEN MEMORIAL MEET

Saturday and Sunday July 5th and 6th, 2003.  
Swangard Stadium, Burnaby, BC.  
(Corner of Kingsway and Boundary Road.)

## ENTRIES and FEES

Personal Bests must be supplied for hurdles, 100m, 200m and 400m events.

**Entries are to be sent to:** NorWesters Track and Field club,  
C/o Debbie Barrett,  
3147 William Avenue,  
North Vancouver, B.C. ,V7K 1Z7  
**Phone/Fax** 604-984-2353

**Entry Deadline:** Saturday, June 28, 2002.  
**Late Entries:** Sunday, June 29th, to July 1st, 2003.  
**Changing Events:** Should athletes wish to change events late entry fee increments will be payable.  
Changes and entries on the day will be dependent upon space being available.  
**Entry Fees:** JD/Juv/Jnr \$7.00 per event  
Snrs/Masters and Pre-Masters \$10.00 per event  
**Late Entry Fees:** Fees will be doubled for late entries. Changes will be charged the late increment.

**Cheques should be made payable to NorWesters Track and Field Club.**

----- **TEAR HERE: RETURN BOTTOM PORTION** -----

Name \_\_\_\_\_

**Address:** \_\_\_\_\_ **Phone** \_\_\_\_\_ **Fax** \_\_\_\_\_

## FEES

Total Number of Events Entered (JD/Juv/Jnr) \_\_\_\_\_ x \$7.00 = \$ \_\_\_\_\_

Number of Sen/Mast./Pre-Mast. Events Entered: \_\_\_\_\_ x \$10.00 = \$ \_\_\_\_\_

### LATE FEES

Total Number of Events Entered (JD/Juv/Jnr) \_\_\_\_\_ x \$12.00 = \$ \_\_\_\_\_

Total Number of Sen/Mast/Pre-Mast Events Entered: \_\_\_\_\_ x \$16.00 = \$ \_\_\_\_\_

**TOTAL FEES** \$ \_\_\_\_\_

# SATURDAY JULY 5<sup>TH</sup>, 2003

## TREVOR CRAVEN MEMORIAL TRACK & FIELD MEET

### TRACK EVENTS

TIME	EVENT	AGE GROUP
9.00am	3000m	Jun, Juv, 88, 89, 90
10.30am	400m Hurdles	Masters (W 40-49)/M 40-59) Pre-Masters, Sen, Jun, Juv
11.00am	300m Hurdles	Masters (W 50+/M 60+), 88, 89
11.30am	200m Hurdles	90, 91, 92
12.30am	1500m	Masters to 94
3.00pm	200m	Masters to 94
4.30pm	400m	Masters to 94

### FIELD EVENTS

TIME	LONG JUMP		HIGH JUMP		DISCUS	SHOT PUT	JAV.	HAM.
	Pit A	Pit B	Pit A	Pit B				
9.00	93G	93B	94G	89B	91G	91B		
9.30								
10.00	Mast/Snr Juv/Jnr W				89G	90G		
10.30			89G	93B				
11.00	94G	94B			88G	Mast/Sen Juv/Jnr M	91/92B	
11.30								
Noon		Mast/Sen Juv/Jnr M	88G	88B	93B	89G		
12.30								
1.00					92G	89B		
1.30	90G	90B	91G	91B				
2.00					93G	93B		
2.30	89G	89B						
3.00			90G	90B	92B	Mast/Snr Juv/Jnr W	92/93G	
3.30	91G	91B						
4.00						88B		88-91G
4.30	92G	88B		94B				
5.00						93G		88-91B
5.30								
6.00								

All Track events will be run oldest to youngest (except some hurdles). Schedule times may be adjusted to accommodate the number of athletes registered. Please check the final schedule in your coaches package and posted at the stadium.

Pre-Masters are scheduled under Masters.

SUNDAY JULY 6<sup>th</sup> , 2003.

TREVOR CRAVEN MEMORIAL MEET

TRACK EVENTS

TIME	EVENT	AGE GROUP
9.00am	110m Hurdles	Masters(M 40-49M) Pre- Masters M, Sen M, Jnr/ Juv Boys
9.30am	100m Hurdles	Masters(Men 50-69) Pre-Masters W, Sen W, Jnr/Juv Girls 88/89 Boys.
10.00am	80m Hurdles	Masters (W & M 70+), 88 & 89 Girls, 90-92 Girls & Boys
	60m Hurdles	93 94 Girls & Boys
11.30am	100m Heats	Masters to 94
2.00pm	Special Event	Informal Event for 95 or younger (No registration)
2.30pm	800m	Masters to 94
4.00pm	100m Finals	Masters to 94
5.00pm	3000m Racewalk	Masters, Pre-Masters, Sen, Jnr
	1500m Racewalk	Juv, 88,89,90
	800m Racewalk	91 -94
6.00pm	3000m Steeplechase	Masters, Sen, Jnr
	1500m Steeplechase	Juvenile 87, 88

FIELD EVENTS

TIME	LONG JUMP		TRIPLE JUMP		HIGH JUMP	POLE VAULT	DISCUS	SHOT PUT	JAV.	HAM.
	PIT A	Pit B	Pit A	Pit B						
9.00	88G	92B							Mast/Snr Jny/Juv M	
9.30							89B			
10.00			Mast/ Snr Juv/ Jnr W						Mast/ Snr Juv/ Jnr W	
10.30					Mast/Snr Juv/Jnr Men		88G	92G		
11.00						All Women			90/91G	
11.30						88/89B	91B	94G		
Noon			92G	92B	93G				93B	
12.30							90B		88G	
1.00			91G	91B	Mast/Snr Juv/Jnr Women			92B	88/89B	
1.30						Mast/Snr Jnr/Juv Men	88B			
2.00			89G	89B				91G		
2.30					92G		Mast/Snr Jnr/Juv W			
3.00			89G	89B				88G		
3.30							Mast/Snr Juv/Jnr M			
4.00			88G	88B	92B			94B	89G	
4.30									90B	
5.00				Mast/Snr Jny/Juv M				90G		Mast/ Snr Juv/Jnr M & W
5.30										
6.00										

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