



TRACK AND FIELD CLUB

22nd ANNUAL TREVOR CRAVEN MEMORIAL MEET

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

Friday July 3rd, 2009 at Minoru Park, Richmond.
Saturday and Sunday, July 4th and 5th, 2009
at Swangard Stadium, Burnaby, BC

MEET INFORMATION.

All athletes (except Track Rascals) must hold **competitive membership with B C Athletics**. International athletes must hold competitive status with their National Body.

Age Classes:	Junior Development	- 1995 through 2000, boys and girls
	15 year olds	- 1994, boys and girls
	Juveniles	- 1993 and 1992, male and female
	Juniors	- 1990 and younger, male and female
	Seniors	- open male and female
	Masters	- 35 years plus, 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:

- 100 metre 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.
- At Swangard the take off board for the long jump is 2m from the pit. Coaches should note this and make sure that athletes are able to jump safely into the pit from this distance.
- High Jump Starting Heights:

	Male	Female
2000	95cm	90cm
1999	100cm	90cm
1998	105cm	100cm
1997	110cm	105cm
1996	115cm	110cm
1995	125cm	120cm
1984	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 (2000to 1995) will have three trials only.
- Athletes (1994 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. Coaches will be asked to leave the competition area and coach from the area designated by the officials.

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 one hour 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 4th.

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.

*******FUN FIVE for TRACK RASCALS *******

If you are 6 to 8 years of age you are invited to participate in a fun five event. As age groups you will start with a 50m dash and proceed to a javelin throw (turbo), standing long jump, bean bag toss, and finish up with a 50m hurdles event. As one event finishes you will proceed to the next. At the end, each athlete will receive an award for their participation. Come join the fun!!!! Start Time is Sunday at 12.30pm.

WE LOOK FORWARD TO YOU COMPETING AT OUR MEET !

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Saturday and Sunday July 4th and 5th, 2009
at 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 Elizabeth Hardy
5615 Keith Road
West Vancouver, B.C. V7W 2N4

Phone: 604-925-0546
Fax: 604-984-0169
Email: eahardy@shaw.ca

Entry Deadline: Saturday, June 27, 2009

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: Track Rascals (2001 - 2003) \$10.00 flat fee for FUN FIVE
JD/15/Juv/Jnr \$7.00 per event
Snrs/Masters and Pre-Masters \$10.00 per event

Late Entry Fees: Higher fees will be charged 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 = \$ _____

Track Rascals (Fun Five Flat Fee) _____ 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 \$ _____