



FRIDAY, JULY 3rd, 2009

**TREVOR CRAVEN MEMORIAL TRACK & FIELD MEET
MINORU PARK, RICHMOND, B.C.**

HAMMER

| TIME | AGE GROUP |
|-------------|--|
| 4pm | 96/97 Girls |
| 4.30 | 96/97 Boys |
| 5pm | 94/95 Girls |
| 5.30 | 94/95 Boys |
| 6pm | Juvenile /Junior /Senior / Masters Women |
| 7pm | Juvenile/Junior / Senior Men |
| 8pm | Masters Men |



**SATURDAY JULY 4TH, 2009
TREVOR CRAVEN MEMORIAL TRACK & FIELD MEET
SWANGARD STADIUM, BURNABY**

TRACK EVENTS

| TIME | EVENT | AGE GROUP |
|-------------|----------------------------|---|
| 9am | 1500m | Masters, Snr, Jnr Juv W, Masters, Snr, Jnr, Juv M, 94/95G, 94/95B to 2000 girls and boys. |
| 11.30am | 80m hurdles 60m Hurdles | 96B (30"/8m) 96G (30"/7.5m) 97G/B (27"/7m) 98, 99G/B(24"/6.5m), 2000 G/B (21"/6.5m) |
| 12.30pm | 100m Heats | Masters, Snr, Juv, Jnr to 2000 girls & boys. |
| 1.30pm | 400m Finals | Masters, Snr, Juv, Jnr to 98 girls & boys. |
| 2.45pm | 100m Finals | Masters, Snr, Juv, Jnr to 2000 girls & boys |
| 3.15pm | 110m Hurdles | Snr M (42"/9.14), Jnr M (39"/9.14m), 35-49M (39"/9.14), Juv M (36"/9.14m), Men 50-59 (36"/8.5m), Women 35-39 (33"/8.5m), SnrW (33"/8.5m), Jnr W (33"/8.5), 94B/95B (33"/ |
| 3.45pm | 100m Hurdles | Juv W(30"/8.5), 60-69M (33"/8m) 94, 95G (30"/8m), Women 40-49 (30"/8m) 50+W (30"/7m), Men 70-79(30"/7m), 80+M(27"/7m), 94, 95, Juv girls & boys |
| 4.00pm | 80m Hurdles | Junior Women, Senior and Masters Women and Masters Men 60+ Junior Men, Senior and Masters men (35-59) |
| 4.15pm | 1500m Steeplechase | |
| 4.30pm | 2000m Steeplechase | |
| 4.45pm | 3000m Steeplechase | |

FIELD EVENTS

| TIME | LONG JUMP | | HIGH JUMP | | SHOT PUT | JAVELIN |
|-------|-------------------------|--------------------|----------------------|-------|----------------------|------------------------------|
| | Pit A | Pit B | Pit A | Pit B | | |
| 9:00 | 99G | 99B | 97G | 95B | 96B | |
| 10:00 | Sr/Mstr Women | 2000B | | | 94G | Sr/Mstr Men DISCUS |
| 10:30 | | | 94/95G | 99B | | |
| 11:00 | 2000G | 94/95B | | | Juv/Jnr Women | Juv/Jnr Men |
| 12:00 | 96G | 96B | Juv/Jnr Women | 97B | 94/95B | Snr/Mstr Men |
| 1:00 | N | Juv/Jnr Men | | | 98B | Snr/Mstr Women |
| 1:30 | | | 98G | 94B | | |
| 2:00 | 97G | Sr/Mstr Men | | | Sr/Mstr Women | 97/98 Boys |
| 3:00 | 94/95G | 98B | 96G | 96B | 97B | 98/99 Girls |
| 3:30 | | | | | | |
| 4:00 | Juv/Junior Women | | | 98B | | |

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.



SUNDAY JULY 5th , 2009.

**TREVOR CRAVEN MEMORIAL MEET, SWANGARD STADIUM, BURNABY
TRACK EVENTS**

| TIME | EVENT | AGE GROUP |
|---------|----------------------------|---|
| 9.00am | 3000m | Masters, Jnr, Juv, 94, 95,96 girls and boys |
| 9.45am | 60m | 98, 99, 2000 girls and boys |
| 10.15am | 200m | Masters, Snr, Jnr, Juv, 94, 95, 96, 97, 98 girls and boys |
| 11.15am | 800m Finals | Masters, Snr, Jnr, Juv W, Masters, Snr, Jnr, Juv M 94/95 G, 94/95B, to 2000 girls and boys |
| 12.30pm | Fun Five for Track Rascals | 2001, 2002, 2003 boys and girls |
| 1.00pm | 800m Racewalk | 97-2000 girls and boys combined |
| 2.15pm | 1500m Racewalk | Masters, Juv, 94, 95, 96 girls and boys |
| 2.45pm | 3,000m Racewalk | Senior, Junior, Men and Women |
| 3.15pm | 400m Hurdles | Men 35 to 49 (36"), Snr M (36") Jnr M (36") 50-59M (33") Women 35-49 (30") SnrW(30"), JnrW(30"), JuvW (30") Juv M (30") |
| | 300m Hurdles | Women 50-59 (30"), Men 60-69(30") 94,95 girls & boys (30"), 60+W(27"), 70+ M(27"), 96G&B (27"), 97G&B (24") |
| | 200m Hurdles | |

| TIME | LONG JUMP | | TRIPLE JUMP | | HIGH JUMP | POLE VAULT | DISCUS | SHOT PUT | JAVELIN |
|-------|-----------|-------|------------------|----------------|----------------|---------------------------|------------------|-----------------|------------------|
| | Pit A | Pit B | Pit A | Pit B | | | | | |
| 9:00 | 98G | 97B | | | | | 98/99B | 95G | |
| 9.45 | | | | | | | 94/95G | | 95/94B |
| 10:00 | | | Sr/Mstr Women | 98B | Juv/Jnr Men | | | 99/00G | |
| 10:30 | | | | | | | Sr/Mstr Women | | Juv/Jnr Women |
| 11:00 | | | 94/95B | | | 94/95/96 Mstr Women | | 98G | |
| 11:30 | | | | | Sr/Mstr Men | | 96/97B | | 96/97G |
| 12:00 | | | | Juv/Jun Men | | | | Snr/Mstr Men | |
| 12:30 | | | | | 99G | Juv/Jnr/Sr Men | Juv/Jnr Women | | 94/95G |
| 1:00 | | | 96B | 97B | | | | 99/00B | |
| 1:30 | | | | | | | 96/97 G | | 99B |
| 2:00 | | | 94/95G | | 00G | Juv/Jnr/Sr Women | | Juv/Jnr Men | |
| 2:30 | | | | 96G | | | 98/99G | | 96B |
| 3:00 | | | Juv/Jnr Women | | 00B | 94/95/96 Mstr Men | Juv/Jnr Men | 97G | |

| | | | | | | | | | |
|------|--|--|--------|------------------|------------------|--|--------|-----|--|
| 4:00 | | | 97/98G | Snr /Mstr Men | Sr/Mstr Women | | 94/95B | 96G | |
|------|--|--|--------|------------------|------------------|--|--------|-----|--|

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