



TRACK AND FIELD CLUB



33rd ANNUAL TREVOR CRAVEN MEMORIAL MEET

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

Saturday and Sunday, July 6/7 2024
at Swangard Stadium, Burnaby, BC
and

Saturday, July 6, 2024
Field 2, Burnaby Central High School, Burnaby, BC

MEET INFORMATION.

All athletes **must hold a competitive membership with BC Athletics or purchase day of event membership.** International athletes must hold competitive status with their National Body.

Age Classes:	Junior Development	- 2011 through 2015, boys and girls
	Midgets (U16)	- 2010 and 2009, boys and girls
	Youth (U18)	- 2008 and 2007, male and female
	Juniors (U20)	- 2006 and 2005, male and female
	Seniors	- 2004+
	Masters	- 35 years plus, male and female

Age Restrictions: All athletes must compete in their own age group. Age groups may be combined where necessary, but awards will be by age category. Master athletes may be asked to compete with U18 for track events and Seniors for field events depending upon numbers.

All athletes will receive age group awards even if required to compete alongside other age group athletes.

Awards:	Junior Development (awarded by single age groups)
	Medals 1st through 3rd
	Ribbons 4th through 8 th

U16 U18, U20, Seniors, Pre-Masters and Masters (5 year categories)
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 will be awarded in their own age group.

Event Cancellation: If no entries for an event have been received by Wednesday July 3rd, the event will be cancelled and no late entries will be accepted.

Track Events:

- 60m and 100m races for JD athletes (born 2011 to 2015) will be run as heats and finals.
- 100 metre heats for U16 and older- 8 fastest times go to the final. (100m events with 8 or fewer competitors will be run as a final at the time of the heat.)
- All hurdles and races 200m or longer are timed finals.
- The 2009 IAAF rule will apply for all JD starts. The 2016 IAAF start rule will apply to U16 and older athletes only.

Field Events:

- Athletes will be given practice trials as time permits.
- The takeoff 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. For nine year olds only, a 1m board will be taped in.
- High Jump Starting Heights:

	Male	Female
2015	95cm	90cm
2014	100cm	90cm
2013	105cm	100cm
2012	110cm	105cm
2011	115cm	110cm
U16	135cm	130cm
U18/U20/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 athletes will decide on further increments of not less than 1cm in consultation with the Chief Judge. U16 and older athletes will follow the rule as written in the World Athletics Rule Book.
- JD Athletes competing in horizontal jumps and throws will have three trials only.
- U16 and older athletes 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. 7mm for field events where applicable.

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

Warm Up Area: Athletes may warm up outside the track facility. The infield and competition areas may not be used.

Marshalling: Athletes for track events will be marshalled in the stands at the north end of the stadium and be escorted to their start line. Field event athletes should wait until their event is called then proceed to their competition area. 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 8am on July 6 at Swangard Stadium near the finish line or at the Throws area on Saturday July 6 at Burnaby Central. Athletes may not compete without their numbers.

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 (born 2016 to 2018) you are invited to participate in a "Fun Five" event. Each age group will start with a 50m dash and proceed to a javelin throw (turbo), long jump, 50m hurdles event, and finish up with a 4x50m relay. 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 Saturday July 6 at 12.30pm. \$5 for five events. Pay at the Stadium.

WE LOOK FORWARD TO YOU COMPETING AT OUR MEET!

32nd ANNUAL TREVOR CRAVEN MEMORIAL MEET

**Saturday and Sunday July 6/7
Swangard Stadium, Burnaby**

**and
Burnaby Central High School Field 2, Burnaby**

REGISTRATION:

ENTRIES and FEES

Personal Bests must be supplied for hurdles, 60m, 100m, 200m 300m and 400m events. (all sprints events)

Entry Method: **Online at Trackie.com Link to 2024 Trevor Craven Meet:**

<https://www.trackie.com/event/2024-trevor-craven-memorial/1008098/>

Entry Contact Person: **Anna D'Silva Email : aem.connect@gmail.com**

Tel: Mobile: 778-952-7785

Entry Deadline: Wednesday, July 3, 2024 11:59 PM
Late entries will only be received on the day if there is space.

Entry Fees: JD: \$10.00 per event
U16, U18, U20, Sen/Masters and Pre-Masters \$10.00 per event

Late Entry Fees: JD \$15.00 per event
U16, U18, U20, Sen/Masters and Pre-Masters \$20.00 per event

BC Athletics Non Competitive members: \$5.00 day of meet memberships are not available after June 30th.