



TRACK AND FIELD CLUB



**Saturday JULY 6th, 2024
TREVOR CRAVEN MEMORIAL MEET
SWANGARD STADIUM
TRACK EVENTS**

TIME	EVENT	AGE GROUP
9.00am	5000m 3000m	Snr M, Snr W, U20 W and M Masters W and M, U18 W and M, (3000m and 5000m are run together)
10.15am	2000m	U16 W and M, 11 girls and boys
10.45am	60m Heats	2013, 2014, 2015 girls and boys
10.45am	200m Finals	Masters, Snr, U20, U18, U16, 11, 12, 13 girls and boys
12.30pm	800m Finals	Masters, Snr, U20, U18, U16 W and M, 11, 12 boys/girls
12.30pm	600m Finals	2013 to 2015 girls and boys
12.30pm	Fun Five for Track Rascals	2016, 2017, 2018 boys and girls
1.30pm	400m Hurdles	Masters Men 35 to 49 (.91m), Snr M (.91m) U20 M (.91m) 50-59M (.84) U18M (.84m), Masters Women 35-49 (.76m) Snr W (.76m), U20W (.76m) U18 W (.76m)
2.00pm	300m Hurdles	Women 50-59 (.76m), Men 60-69(.76m) U16 G/B (.76m), W60-69(.68m), M70-79(.68m),
2.30pm	200m Hurdles	70+W(.68m/27"), 80+M(27"), 11 G&B (27") 12 G&B (24")
3.00pm	60m Finals	2013, 2014, 2015 girls and boys
3.15pm	800m Racewalk	2012-2015 girls and boys combined
3.30pm	1500m Racewalk	Masters, U16, 11girls and boys
3.45pm	3000m Racewalk	Senior, U20, U18 Men and Women

FIELD EVENTS

TIME	TRIPLE JUMP	HIGH JUMP	POLE VAULT	SHOT PUT	JAVELIN
9:00	11G	15G		13 G	11B
10:00	Sr/Mstr W	12B	12/U16/ Mstr U18/U20/Snr Under 3m	12G	U20/U18 Women
11:00	11B	Mstr/ U20/ U18 Snr M		14/15G	U16B
12:00	U20/U18 Men	14G		14/15 B	12B
1:00	U16 Boys	13 B		11G	U16G
2:00	U16 Girls	14B	U16/Mstr U18/U20r/Sr Starting at 3m	11B	13B
3:00	U20/U18 W Snr/Mast M	15 B		U20/U18 Men	11 G

Abbreviations: Boys (B) Girls (G) Men (M) Women (W) Masters (Mstr)
Year of Birth 2015 (15) 2014 (14) 2013 (13) 2012 (12) 2011 (11)



TRACK AND FIELD CLUB



**Sunday JULY 7 , 2024
TREVOR CRAVEN MEMORIAL MEET
SWANGARD STADIUM**

TRACK EVENTS

TIME	EVENT	AGE GROUP
9am	1500m	Masters, Snr, U20 W and M, U18 W and M.
	1200m	U16 W and M, 11 and 12 boys/girls
	1000m	2013 to 2015 girls / boys
10.30am	110m Hurdles	Snr M (1.06m/9.14), U20 M (.99m/9.14m), 35-49M (.99m/9.1), U18 (.91m/9.14m),
11.00am	100m Hurdles	Men 50-59 (.91m/8.5m), 35-39W (.84m/8.5) Snr W (.84m/8.5m) U20 W (.84m/8.5), U16 M (.84m/8.5m) Men 60-69 (.84m/8m), U18 W (.76m/8.5)
11.30am	80m Hurdles	Women 40-49 (.76m/8m) U16 G(.76m/8m),
12.00am	80m hurdles	11B (30"/8m) 11G (30"/7.5m) W50-59 (30"/7m), M70-79(30"/7m), 60+W, 80+M(27"/7m), 12G/B (27"/7m) 13, 14G/B(24"/6.5m), 15 G/B (21"/6.5m)
1.00pm	60m Hurdles	Masters, Snr, U20, U18 to 2015 girls & boys.
1.30pm	100m Heats	Masters, Snr, U20, U18.
	400m Finals	U16 W and M, 11, 12 girls & boys
	300m Finals	Masters, Snr, U20, U18, U16 to 2015 girls & boys
2.45pm	100m Finals	U16G (.76), U16 B, (.76) (No water jump)
3.45pm	1500m Steeplechase	Masters Women 35+ (.76),
4.00pm	2000m Steeplechase	U18 W (.76), Masters Men 60+ (.76), U18 M (.84)
4.00pm	3000m Steeplechase	Seniors W (.76), U20 W (.76), Masters M (35-59) (.91), Senior M (.91), U20 M(.91)

FIELD EVENTS

FIELD EVENTS

TIME	LONG JUMP		HIGH JUMP	SHOT PUT	DISCUS	JAVELIN
9:00	11G	15B	U18/U20/Snr W	12B	13/14B	
10:00	Sr/Mstr W	14B	11B	13B	U16B	14G
11:00	15G	Sr/Mstr Men	U16B	U20/U18 Women	U16G	U20/U18 Men
12:00	13/14G	U20/U18 Men	U16 Mstr W	U16 B	11/12G	Snr /Mstr Men
1:00	U20/U18 Women	11/12B	U12G	U16 G	13/14G	Snr/Mstr Women
2:00	12Girls	13B	11G	Snr/Mstr M	12B	14B
3.00	U16 G	U16 B	13 G	Sr/Mstr W	11B	12/13 G

Abbreviations: Boys (B) Girls (G) Men (M) Women (W) Masters (Mstr) Year of Birth 2015 (15) 2014 (14) 2013 (13) 2012 (12) 2011 (11)