



**SUNDAY JUNE 19, 2022  
TREVOR CRAVEN MEMORIAL MEET  
and  
PENTATHLON EVENT  
Swangard Stadium**

**NorWesters Track and Field Club welcomes Athletes to compete in a Pentathlon Meet for Masters, U16 and JD athletes. You may compete as a pentathlete and be scored as a pentathlete or choose any events offered as individual events. Winners of all events will be given ribbon awards and the top three in the Pentathlon categories will be awarded medals.**

**As well as pentathlon events the following events will be offered: racewalk and 200m for all ages.**

**JD Pentathlon**

Pentathlon events for Junior Development female athletes 9 to 13 and male athletes aged 9 to 13 years are:

- 60 m hurdles [ages 9 to 11 years], 80 m hurdles [ages 12 & 13 years)
- shot put
- high jump
- long jump
- 600 metres [ages 9 to 11 year olds], 800 metres [ages 12 & 13 years old]

The event order may vary by age groups but the 600/800 m races are always the final event in the competition.

**U16 Pentathlon**

**(As for Summer Games.)**

- 80 m hurdles for girls, 100m hurdles for boys
- shot put
- high jump
- long jump
- 800m for girls, 1000m for boys

**Masters Men Pentathlon**

- long jump
- javelin
- 200m
- discus
- 1500m

**Masters Women Pentathlon**

- sprint hurdles
- high jump
- shot put
- long jump
- 800m



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TREVOR CRAVEN MEMORIAL MEET  
and  
PENTATHLON EVENT  
Swangard Stadium  
SCHEDULE**

**Track Events**

<b>8.30pm</b>	<b>800m Racewalk 1500m Racewalk</b>	<b>2010-2013 girls and boys combined Masters, U16, 09 girls and boys</b>
<b>9am</b>	<b>110m Hurdles</b>	<b>Snr M (1.06m/9.14), U20 M (.99m/9.14m), 35-49M (.99m/9.1), U18 M (.91m/9.14m), Men 50-59 (.91m/8.5m), 35-39W (.84m/8.5)</b>
<b>10.00am</b>	<b>100m Hurdles</b>	<b>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) Women 40-49 (.76m/8m) U16 G(.76m/8m), '09B (30"/8m) '09G (30"/7.5m) W50-59 (30"/7m), M70-79(30"/7m), 60+W, 80+M(27"/7m), '10G/B (27"/7m) '11, '12G/B(24"/6.5m), '13 G/B (21"/6.5m)</b>
	<b>80m Hurdles 80m hurdles</b>	
	<b>60m Hurdles</b>	
<b>11am</b>	<b>200m Finals</b>	<b>Masters, Snr, U20, U18, U16, '09, '10, '11 girls and boys</b>
<b>2pm</b>	<b>1500m 1000m 800m 600m</b>	<b>Masters, U20, U18, U16 boys U16G 2009, 2010 girls and boys 2011 to 2013 girls and boys.</b>

## PENTATHLON SCHEDULE

	GIRLS Masters	GIRLS U16	GIRLS 2009	GIRLS 2010	GIRLS 2011	GIRLS 2012/13
9am	<b>Hurdles</b>	<b>Hurdles</b>	<b>Hurdles</b>	<b>Shot Put</b>	<b>High Jump</b>	<b>Long Jump #1</b>
10am	<b>High Jump</b>	<b>High Jump</b>	<b>Long Jump #1</b>	<b>Hurdles</b>	<b>Hurdles</b>	<b>Shot Put Hurdles</b>
11am	<b>Shot Put</b>	<b>Long jump #1</b>	<b>Shot Put</b>	<b>High Jump</b>	<b>Break</b>	<b>Break</b>
12 noon	<b>Break</b>	<b>Shot Put</b>	<b>Break</b>	<b>Break</b>	<b>Long jump #1</b>	<b>High Jump</b>
1pm	<b>Long Jump #1</b>	<b>Break</b>	<b>High Jump</b>	<b>Long jump #1</b>	<b>Shot Put</b>	
2pm	<b>800m</b>	<b>800m</b>	<b>800m</b>	<b>800m</b>	<b>600m</b>	<b>600m</b>

	MEN Masters	BOYS U16	BOYS 2009	BOYS 2010	BOYS 2011	BOYS 2012/13
9am	<b>Long Jump #2</b>	<b>Hurdles</b>	<b>Hurdles</b>	<b>Shot Put</b>	<b>High Jump</b>	
10am	<b>Javelin</b>	<b>High Jump</b>	<b>Long Jump #2</b>	<b>Hurdles</b>	<b>Hurdles</b>	<b>Shot Put Hurdles</b>
11am	<b>200m</b>	<b>Break</b>	<b>Shot Put</b>	<b>High Jump</b>	<b>Break</b>	<b>Long Jump #2</b>
12noon	<b>Break</b>	<b>Long Jump #2</b>	<b>Break</b>	<b>Break</b>	<b>Shot Put</b>	<b>High Jump</b>
1pm	<b>Discus</b>	<b>Shot Put</b>	<b>High Jump</b>	<b>Long Jump #2</b>	<b>Long Jump #2</b>	
2pm	<b>1500m</b>	<b>1000m</b>	<b>800m</b>	<b>800m</b>	<b>600m</b>	<b>600m</b>

# 2022 TREVOR CRAVEN MEMORIAL MEET

Sunday June 19<sup>th</sup>, 2022  
Swangard Stadium, Burnaby

## REGISTRATION:

### ENTRIES and FEES

Entry Method: **Online at Trackie.com**    **Link to 2022 Trevor Craven Memorial Meet:**

<https://www.trackie.com/online-registration/register/2022-trevor-craven-memorial/479294/>

Entry Contact Person: **Dag Rastad: [dag.rastad@shaw.ca](mailto:dag.rastad@shaw.ca)**

**Tel: 604 999 1854**

**Entry Deadline: Wednesday, June 16<sup>th</sup>, 2022 11:59 PM**

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:                                      \$10.00 per event    \$45.00 for Pentathlon  
U16, U18,U20, Sen/Masters        \$12.00 per event    \$55.00 for Pentathlon

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

**Non BC Athletics Competitive members: \$3.00 day of meet membership per person added at time of registration**