



TRACK AND FIELD CLUB



**SATURDAY JULY 7 , 2018
TREVOR CRAVEN MEMORIAL MEET
SWANGARD STADIUM**

TRACK EVENTS

TIME	EVENT	AGE GROUP
9am	1500m 1200m 1000m	Masters, Snr, Jnr, Youth W and M. Midget W and M, 05 and 06 boys/girls 2007 to 2009 girls / boys
10.30am	110m Hurdles	Snr M (1.06m/9.14), Jnr M (.99m/9.14m), 35-49M (.99m/9.1), Youth M (.91m/9.14m), Men 50-59 (.91m/8.5m), 35-39W (.84m/8.5)
11.00am	100m Hurdles	Snr W (.84m/8.5m) Jnr W (.84m/8.5), Midget M (.84m/8.5m) Men 60-69 (.84m/8m), Youth W (.76m/8.5)
11.30am	80m Hurdles	Women 40-49 (.76m/8m) Midget G(.76m/8m), 05B (30"/8m) 05G (30"/7.5m) W50-59 (30"/7m), M70-79(30"/7m), 60+W, 80+M(27"/7m), 06G/B (27"/7m)
12.00am	80m hurdles 60m Hurdles	07, 08G/B(24"/6.5m), 09 G/B (21"/6.5m)
1.00pm	100m Heats	Masters, Snr, Jnr, Yth to 2009 girls & boys.
1.30pm	400m Finals 300m Finals	Masters, Snr, Jnr, Yth. Midget W and M, , 05, 06, girls & boys
2.45pm	100m Finals	Masters, Snr, Jnr Yth, Midget to 2009 girls & boys
3.45pm	1500m Steeplechase	Midget G (.76), Midget B, (.76) (No water jump)
4.00pm	2000m Steeplechase	Masters Women 35+ (.76), Youth W (.76), Masters Men 60+ (.76), Youth M (.84)
4.00pm	3000m Steeplechase	Seniors W (.76), Junior Women (.76), Masters M (35-59) (.91), Senior M (.91), Junior M (.91)

FIELD EVENTS

FIELD EVENTS

TIME	LONG JUMP		HIGH JUMP	SHOT PUT	JAVELIN
9:00	05G	08B	Yth/Jnr/Snr W	06B	
10:00 10:30	Sr/Mstr W	09B	05B Midget B	07B	05B
11:00 11:30	09G	Sr/Mstr Men	06G	Yth/Jnr Women	Yth/Jnr Men
12:00	07/08G	Yth/Jnr Men	05G/ MidgetG/ Mstr W	Midget B	Snr/Mstr Men
1:00 1:30	Yth/Junior Women	05/06B		Midget G	Snr/ Mstr Women
2:00	06 Girls	07B	07 G	05G	08B
3.00	Midget G	Midget B		05 B	07/08 G



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TIME	EVENT	AGE GROUP
9.00am	5000m 3000m	Snr M, Snr W, Jnr M, Jnr W Masters W and M, Youth W and M, (3000m and 5000m may be run together)
10.15am	2000m	Midget W and M, 05 girls and boys
10.45am	60m Heats	2007, 2008, 2009 girls and boys
12.30pm	200m Finals	Masters, Snr, Jnr, Youth, Midget, 05, 06, 07 girls and boys
12.30pm	800m Finals	Masters, Snr, Jnr, Youth, Midget W and M, 05, 06 boys/girls
12.30pm	600m Finals	2007 to 2009 girls and boys
1.30pm	Fun Five for Track Rascals	2010, 2011, 2012 boys and girls
2.00pm	400m Hurdles	Masters Men 35 to 49 (.91m), Snr M (.91m) Jnr M (.91m) 50-59M (.84) Youth M (.84m), Masters Women 35-49 (.76m) Snr W (.76m), Jnr W (.76m) Youth W (.76m)
2.30pm	300m Hurdles	Women 50-59 (.76m), Men 60-69(.76m) Midget G/B (.76m), W60-69(.68m), M70-79(.68m),
2.30pm	200m Hurdles	70+W(.68m/27"), 80+M(27"), 05 G&B (27") 06 G&B (24")
3.00pm	60m Finals	2007, 2008, 2009 girls and boys
3.15pm	800m Racewalk	2006-2009 girls and boys combined
3.30pm	1500m Racewalk	Masters, Midget, 05 girls and boys
3.45pm	3000m Racewalk	Senior, Junior, Youth Men and Women

FIELD EVENTS

TIME	TRIPLE JUMP	HIGH JUMP	POLE VAULT	DISCUS	SHOT PUT	JAVELIN
9:00	05G	09G		07/08 B Discus	Sr/Mstr Women	
10:00	Sr/Mstr Women	06B	05/Midget/ Mstr Yth/Jnr/Snr Under 3m	Midget Boys	06G	Youth/Jnr W
11:00	05B	Mstr/ Yth/Jnr / Snr M		Midget Girls	08/09G	Midget B
12:00	Youth/Jnr Men	08G		05/06G	Snr/Mstr Men	06B
12:30						
1:00	Midget Boys	07B		07/08G	08/09 B	Midget G
2:00	Midget Girls	08B	Midget/Mstr Yth/Jnr/Sr Starting at 3m.	06B	Yth/Jnr Men	07B
3:00	Yth/Jnr W Snr/Mast M	09B		Masters W	07G	05/06G