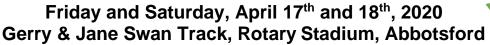


Jennifer Rogers Swan Memorial Track Meet ROLLING SCHEDULE





Online Registration link (& email for Special Olympics Registration)

at https://valleyroyals.ca/



Youngest to Oldest - Female then Male JD's & Special Olympics Athletes: 3 Throws/Jumps U16 to Open: 3 Throws/Jumps, Top 8 get 3 more Masters are welcome to compete in the Open category Schedule subject to change depending on registration. Events can run up to 30 min. ahead of schedule



Friday April 17, 2020

Friday Throws Night	Throws Cage (at Rugby Field East of Rotary Stadium)			
4:00pm	Hammer F	U16 – Open (2006 & Up)		
5:00pm	Hammer M	U16 – Open (2006 & Up)		
6:00pm	Discus F	U16 – Open (2006 & Up)		
7:00pm	Discus M	U16 – Open (2006 & Up)		

Saturday April 18, 2020

8:30 am	LEVEL 1 Officials Workshop – Register Online: https://www.bcathletics.org/Officials/					
9:15 am	Coaches Meeting					
	Trac			Field		
			9:30 am	W High Jump	U16 to Open (06 & Older)	
10:00 am	W 80 m Hurdles	U 16 (06/05)	10:00 am	M Shot Put	9 – 11 (09 - 11)	
	M 100 m Hurdles	U16 (06/05)	10:00 am	M Long Jump	U16, Open & Spec-O (06 & Older)	
	W 100m Hurdles	U18 - Open (04 & Older)	10:00 am	W Javelin	U16, Open (06 & Older)	
	M 110 m Hurdles	U18 - Open (04 & Older)	10:30 am	M Shot Put	12 – 13 (07 – 08)	
10:45 am	W 60m	9 – 11 (09 – 11)	10:45 am	M High Jump	U16 to Open (06 & older)	
	M 60m	9 – 11 (09 – 11)	11:00 am	W Shot Put	9 – 11 (09 – 11)	
	W 100m	12 - Open (08 & Older)	11:00 am	M Long Jump	9 – 13 (07 – 11)	
	M 100m	12 - Open (08 & Older)	11:00 am	M Javelin	U16, Open (06 & older)	
	W 100 m	Special-O	11:45 am	W Shot Put	U16, Open & Spec-O (06 & Older)	
	M 100 m	Special-O	12:00 pm	M High Jump	9 – 11 (09 - 11)	
11:45 am	Jennifer Rogers Swan Signature Event 400M Hurdles W 400m Hurdles U18, U20, Open M 400m Hurdles U18, U20, Opens		Special Awards later in the day:	\$500 Grant Awarded to: ~ Outstanding Male Athlete ~ ~ Outstanding Female Athlete ~ Special consideration to 400m Hurdle performances		
12:30 pm	Kids Fun Race (Track Rascals) – 50m or less – Ages 8 and under Parent Participation encouraged					
12:30 pm	Track Officials – Lund	12:30 pm 1:00 pm		– Lunch Break until 1:00pm ficials – Lunch Break until 1:30pm		

		Track		Field
1:00 pm	W 600m	9 – 11 (09 - 11)	1:00 pm	W Shot Put 12 – 13 (07/08)
	M 600m M	9 – 11 (09 – 11)	1:00 pm	W Long Jump U16, Open & Spec-O (06 & Olde
	W 800m	12 to Open (08 & Older)	1:00 pm	POLE VAULT OPEN Men's and Women's U16 to open (06 & older) Weather Permitting. Duration depends on # of entrants
	M 800m	12 to Open (08 & Older)	1:30 pm	M High Jump 12 – 13 (07 – 08)
	W 800m	Special-O		
	M 800m	Special-O		
2:00 pm	W 200m	11 to open (09 & Older)	2:00 pm	W Javelin U16, Open (06 & Older)
	M 200m	11 to open (09 & Older)	2:00 pm	M Shot Put U16, Open & Spec-O (06 & Olde
	W 200m	Special-O	2:00 pm	W Long Jump 9 – 11 (09 – 11)
	M 200m	Special-O		
2:30 pm	W 300m	12,13 & U16 (05 - 08)	2:30 pm	W High Jump 9 – 11 (09 – 11)
	M 300m	12, 13 & U16 (05 - 08)		
3:00 pm	W 400m	U18, U20 & Open (04 & Older)	3:00 pm	W Long Jump 12 – 13 (07 – 08)
	M 400m	U18, U20 & Open (04 & Older)		
	W 400m	Special-O	3:30 pm	W High Jump 12 – 13 (07 - 08)
	M 400m	Special-O		
4:00 pm	W 1200m	12, 13, U16 (05 – 08)		
	M 1200m	12, 13, U16 (05 – 08)		
	W 1500m	U18, U20 & Open (04 & Older)		
	M 1500m	U18, U20, & Open (04 & Older)		

Thank you for joining us! Stadium Tidy-Up put all recycling or trash in the bins on your way out