



Jennifer Rogers Swan Memorial Track Meet

ROLLING SCHEDULE

Friday and Saturday, April 17th and 18th, 2020

Gerry & Jane Swan Track, Rotary Stadium, Abbotsford



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.bcatletics.org/Officials/		
9:15 am	Coaches Meeting		
	Track		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 <i>later in the day:</i>	\$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 – Lunch Break until 1:00pm	12:30 pm 1:00 pm	Field Officials – Lunch Break until 1:00pm High Jump Officials – 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 & Older)
	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 & Older)
	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