



JENNIFER ROGERS SWAN MEMORIAL MEET

MAY 3-4, 2024

Gerry and Jane Swan Track at Rotary Stadium
32470 Haida Drive, Abbotsford, BC

Jennifer Rogers Swan, daughter of Gerry and Jane Swan, was a member of the Valley Royals Track & Field Club from its inaugural year (1980). She was a 400m Hurdle Specialist winning the BC High school event with a time of 62.12 seconds. She attended BYU where she earned her teaching degree. We lost Jennifer on February 10, 2014 in a car accident. For more information, please visit www.valleyroyals.ca where you can find a biography written by her father, Gerry and a "Remembering Jennifer Rogers Swan" page with notes from many of her family and friends.

SIGNATURE EVENT

This meet will feature a 400m Hurdle race in honour of Jennifer for U18, U20 & Open Categories

This is a BC Athletics Sanctioned meet with events open to all ages with some restrictions with respect to distances and implement weights at certain ages (see Schedule). **MASTERS Athletes may compete in the Open Category**

Valley Royals reserve the right to limit entries.

| | | |
|----------------|----------------------------|--|
| Meet Organizer | Debbie Foote/Dawn Driver | debbieandabresia@hotmail.com |
| Meet Secretary | Dawn Driver | dawn_driver@hotmail.com |
| Meet Director | Paul Trustham/Debbie Foote | paultrustham@telus.net |

Age Groups: JD 9 (2015), JD 10 (2014), JD 11 (2013), JD 12 (2012), JD 13 (2011), U16 (2009-2010), U18 (2007-2008), U20 (2005-2006), Open (2004 and earlier). Masters welcome to enter in Open categories. Hurdles will be age appropriate height and distance.

Events offered: Hammer (JD 12 – Open), Discus (JD 9 – Open), Shot Put (JD 9 – Open), Javelin (JD12-Open), High Jump (JD 9 – Open), Long Jump (JD 9 – Open), Pole Vault (U16-Open) 1500m Steeplechase (U16), 2000m Steeple Chase (U18), 1500RW (JD 13, U16), 80m Hurdles (U16 Women), 100m Hurdles (U16 men, U18-Open women), 110m Hurdles (U18-Open men), 60m (JD 9 – 11), 100m (JD 12 – Open), 300m Hurdles (U16, masters W50+, M60+) 400m Hurdles (U18 – Open), 600m (JD 9 – 11), 800m (JD 12 – Open), 200m (JD 11 – Open), 300m (JD 12 – U16), 400m (U18 – Open), 1200m (JD 12 – U16), 1500m (U18 – Open), 2000m (U16), 3000m (U18 - Open)

Special Olympics events: Long jump, standing long jump, shot put, 100m, 200m, 400m, 800m

Para Athletes are welcome to register in age group and results can be done in Para category.

Friday: Field: First event 4:00 pm Last Event 7:00pm
Hammer
Discus
Long Jump

Saturday: Track: First event 9:00 am Last Event 4:00 pm
Field: First event 9:00 am Last Event 3:30 pm

Entry Deadline: Tuesday April 30, 11:59 pm.

Register, in advance, before the Entry Deadline at

Link will be available at www.valleyroyals.ca

Non BC Athletics Members must register online subject to one day fee - \$5.00 per athlete

Special Olympics register as follows:

- ! Please email valleyroyals.club@gmail.com to register and to E-transfer entry fees.
- ! If special arrangements required, please email to discuss.
- ! Please provide the following details in your email:
 - o Name (first/last), Birthdate, Club, Male or Female and Events

No Late Registration

Entry Fee: \$10.00 – per event except for:
\$20.00 Flat Fee for Special Olympics

Awards: Ribbons for 1st 8 places.

Conflicting Events: IF TWO EVENTS OCCUR AT THE SAME TIME FOR AN ATHLETE the athlete or the parent/coach should notify the field event organizer AND the track event marshal of the situation at the time that each event is marshalled.
A short time before the track event is run, the athlete must notify the field event officials and go to the race.
COMPETITION WILL NOT BE PUT ON HOLD UNTIL ATHLETES RETURN and Athletes cannot catch up on missed rounds of throws/jumps.
The athlete will enter the competition at the point that it has reached when they return.
This situation is a common occurrence at track and field meets.

Schedule: A copy of the Schedule can be found attached to this document
Up-to date schedule available Online at www.valleyroyals.ca
Events may run up to 30 minutes ahead of schedule.
Schedule is subject to change – please review carefully
All changes to posted results will be made in consultation with the Track or Field Referee and Meet Director.

Event Check-in

Marshalling: TRACK EVENTS - marshalled at the applicable start line – please check in 20-30 minutes prior to start
FIELD EVENTS – Please check in 20 – 30 minutes prior to the start.
NOTE: Please pay attention. The schedule can change and events may move up.

Registration Packages: Registration packages, including athletes' numbers, will be available for pick up at the check-in table by coaches/ Or team reps at 8:00. a.m. on Saturday.

Numbers must be worn for all running events on the front of athlete's singlet.

Numbers may be worn on front or back of singlet for field events

Athletes must wear their assigned bib number. Athletes using another athlete's number will be disqualified from participating in the rest of the meet.

Additional Notes:

- ! EACH CLUB IS RESPONSIBLE FOR THE SUPERVISION AND CONDUCT OF THEIR ATHLETES.
- ! **Coaches, athletes and spectators are not allowed on the infield.** All coaches and spectators must stay out of the areas designated as competition areas.
- ! Coaching must take place from an area designated by the chief official.
- ! Athletes who are competing must stay within the competition area with the other competitors.
- ! Proper footwear must be worn for all events.



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Field Schedule

Friday May 3

| Time | Hammer Throw | Discus | Long Jump |
|---------|-----------------|----------------|----------------|
| 3:00 pm | Weigh-in | Weigh-in | |
| 4:00 pm | JD12-Open Women | | U16-U18 Men |
| 5:00 pm | JD12-Open Men | | U20-Open Men |
| 6:00 pm | | U16-Open Women | U16-U18 Women |
| 7:00 pm | | U16-Open Men | U20-Open Women |

Saturday May 4

Weigh in at 8:00 am at the tall shed for all throwing events.

| Time | Discus | Javelin | Shot Put | Long Jump | High Jump | Pole Vault |
|----------|----------------|-----------------|----------------|----------------------------|------------------|----------------------|
| 9:00 am | | JD12-Open Men | JD 9-11 Boys | JD 9-11 Girls | | |
| 9:30 am | | | | | U16 – Open Women | |
| 10:00 am | | JD12-Open Women | JD 12-13 Boys | Special O M&W &standing LJ | | |
| 10:45 am | | | | | U16-Open Men | |
| 11:00 am | JD 12-13 Girls | | JD 9-11 Girls | JD 9-11 Boys | | |
| 11:45 am | | | Special O M&W | | JD 9-13 Boys | |
| 12:00 pm | | | | | | |
| 1:00 pm | JD 9-11 Boys | | JD 12-13 Girls | JD 12-13 Boys | | U16 – Open Men/Women |
| 2:00 pm | JD 12-13 Boys | | U16-Open Women | | JD 9-13 Girls | |
| 3:00 pm | JD 9-11 Girls | | U16-Open Men | JD 12-13 Girls | | |

Track Schedule
Saturday May 4

Women/Girls then Boys/Men, Youngest to oldest

| Time | Event | Age |
|----------|--|---|
| 9:00 am | 1500m Steeple Chase | U16 |
| 9:15 am | 2000m Steeple Chase | U18 |
| 9:30 am | 1500m Race Walk | JD13, U16 |
| 9:50 am | Women 80m Hurdles | U16 |
| 10:00 am | Women 100m Hurdles | U18-Open |
| 10:10 am | Men 100m Hurdles | U16 |
| 10:20 am | Men 110m Hurdles | U18-Open |
| 10:35 am | 60m | JD 9-11 |
| 10:50 am | 100m | JD 12 – Open and Special O |
| 11:20 am | 300m Hurdles | U16, Masters (W50+, M60+) |
| 11:35 am | Jennifer Rogers Swan Signature Event 400m Hurdles | U18 – Open |
| 12:00 pm | Kids Fun Race | Track Rascals Age 8 and under Parent Participation encouraged |
| 12:30 pm | 600m | JD 9 – 11 |
| 12:45 pm | 800m | JD 12 – Open and Special O |
| 1:30 pm | 200m | JD 11 – Open and special O |
| 2:00 pm | 300m | JD 12 – U16 |
| 2:20 pm | 400m | U18 – Open and Special O |
| 3:00 pm | 1200m | JD 12 – U16 |
| 3:20 pm | 1500m | U18 – Open |
| 3:35 pm | 2000m | U16 |
| 3:55 pm | 3000m | U18 - Open |