



JENNIFER ROGERS SWAN MEMORIAL MEET

MAY 2-3, 2025

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 Director	Paul Trustham	paultrustham@telus.net
Equipment Manager	Debbie Foote	debbieandabresia@hotmail.com
Meet Managers	Tom Norton/Dawn Driver	tomnorton.hyperfit@telus.net
Meet Secretary	Dawn Driver	ddrivertrack@gmail.com

Age Groups: JD 9 (2016), JD 10 (2015), JD 11 (2014), JD 12 (2013), JD 13 (2012), U16 (2010-2011), U18 (2008-2009), U20 (2006-2007), Open (2005 and earlier). Masters welcome to enter in Open categories. Hurdles will be age appropriate height and distance.

Events offered: Hammer (JD 12 – Open), Discus (JD12 – Open), Shot Put (JD 9 – Open), Javelin* (JD12-Open), High Jump (JD 9 – Open), Long Jump (JD 9 – Open), Triple Jump (U16-Open), Pole Vault (U16-Open) 1500m Steeplechase (U16), 2000m Steeple Chase (U18), Sprint hurdles (JD - Open), 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)

*Note: We will not have new 700g javelins for this meet, so the U18 event cannot be sanctioned.

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.

Wheelchair events offered: Seated Shotput and Discus, Wheelchair 100m, 400m and 800m.

Friday: Field: First event 4:00 pm Last Event 7:00pm
Hammer, discus
Pole Vault
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: Monday April 28, 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: No day of meet 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 2

Time	Hammer Throw	Discus	Seated Throws	Time	Long Jump	Pole vault
3:00 pm	Weigh-in	Weigh-in	Weigh-in			
3:30 pm	JD12-Open Women					
4:15 pm	JD12-Open Men			4:00 pm	U16-Open Men	U16-Open Women
5:15 pm			Men Shot Put and Discus			
6:15 pm		JD12-Open Women		5:30 pm	U16-Open Women	U16-Open Men
7:00 pm		JD12-Open Men				

Saturday May 3

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

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

Track Schedule
Saturday May 3

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	60m Hurdles	JD 9-11
9:40 am	80m Hurdles	JD 12-13
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	Wheelchair, JD 12 – Open and Special O
11:30 am	300m Hurdles	U16, Masters (W50+, M60+)
11:45 am	Jennifer Rogers Swan Signature Event 400m Hurdles	U18 – Open
12:10 pm	Kids Fun Race	Track Rascals Age 8 and under Parent Participation encouraged
12:40 pm	600m	JD 9 – 11
12:55 pm	800m	Wheelchair, JD 12 – Open and Special O
1:50 pm	200m	JD 11 – Open and special O
2:20 pm	300m	JD 12 – U16
2:40 pm	400m	Wheelchair, U18 – Open and Special O
3:20 pm	1200m	JD 12 – U16
3:35 pm	1500m	U18 – Open
3:45 pm	2000m	U16
3:55 pm	3000m	U18 - Open