

2023 Van Ryswyk Invitational
2023 BC Masters Indoor Championships
TENTATIVE Schedule Feb 13, 2030

TRACK EVENTS	
Friday, Feb. 24	
5:00 pm – 3000m Timed Finals – Masters M/ W	
5:25 pm – 3000m Timed Finals (U18 – Senior Men/Women)	
5:40 pm – 2000m Timed Finals (13- U16 Boys/Girls)	
5:55 pm - 3000mRW (U18 - Masters M/W) – Minimum 3 athletes required	
Saturday, Feb. 25	Sunday, Feb. 26
9:20 AM Coaches Meeting at start line 9:30 AM 60m Finals– Mast W 9:45 AM 60m Final – Mast M 10:10 AM 60m Finals– Sr M 10:15 AM 60m Final - U18-U20 Men 10:20 AM 60m Finals – U18-U20 W 10:25 AM 60m Finals – U16 W 10:30 AM 60m Finals – U16 M 10:35 AM 60m Finals–9-13 M & W 10:55 AM 1500m Finals-Mast-U18 W 11:05 AM 1500m Finals - Mast M 11:15 AM 1500m Finals-U18-Snr M 11:20 AM 1200m Finals – W, M 11:25 AM 1000m Finals – W, M 11:40 AM 1500m Racewalk – W, M 12:15 PM LUNCH BREAK 12:30 PM Track Rascal 60m (8 or under) 12:45 PM 400m Finals–U18-Mast W/M 1:25 PM 300m Finals-12-U16 W/M 1:50 PM 4 x 100m Finals 4 x 400m (Masters)	9:00 AM 60mH – M/W Pent 9:20 AM 60mH – Mast – 9 M/F Finals 10:05 AM 800m Finals – 12-Mast M/W 10:35 AM 600m Finals – 9-11 M/W 10:45 AM 200m Finals – 11-Mast M/W 12:05 PM LUNCH BREAK ON TRACK 1:15 PM 1000m Pent M 1:20 PM 800m Pent W 1:30 PM 4 x 200m Relays 4 x 400m Relays

Track events (except hurdles) will run in the following order: Alternating females then males from oldest to youngest, slowest to fastest seed times

Hurdle races order: TBD

**** All running events will be TIMED FINALS at the scheduled time****

- 9-12 (2008-2011) 60mH races will be run with 12m to first hurdle, 7m between hurdles, scissor hurdles, 9yrs-21” 10yrs.-24”, last H to finish-20m. 11Yrs & 12Yrs – 27”.
- 13 (2007) year old 60mH will be the same except 30” high, 8m between and 16m to finish line.
- Masters Indoor Pentathlon Male order: 60m Hurdles, Long Jump, Shot Put, High Jump, 1000m
- Masters Indoor Pentathlon Female order: 60m Hurdles, High Jump, Shot Put, Long Jump, 800m

TENTATIVE SCHEDULE – Feb. 13, 2023

FIELD EVENTS

Friday, Feb. 24		Saturday, Feb. 25		Sunday, Feb. 26	
Pole Vault	Throws	Horiz. Jump	High Jump	Jumps	Shot Put
5:00 pm 13/U16/U18/Master – M/W	4:30 pm Wt. Throw Women U16 & older	8:00 am Long Jump 9-12 Girls	8:00 am 13-15 Boys, Master Men	8:30 am Long Jump U20/Sr. Master Women	8:00am U16/U18/U20/Sr Men
	5:15 pm Wt. Throw Men U16 & older	9:00 am Triple Jump U20/Sr. Master Women	9:30 am 9-12 Boys		9:00am 9-13 Girls
	6:45 pm Shot Put Master M/W	10:00 am Long Jump 13-15 Girls	10:15am U18/U20/Sr. Men	9:30 am Long Jump Pent M High Jump Pent W	9:45am 9-13 Boys
		10:30 am Long Jump 9-12 Boys		10:30 am Triple Jump 13,14,15 Girls & Boys U18 Men & Women	10:30am Pent M 11:15am Pent W
		11:30 pm Long Jump U18 Women	11:30 am 9-12 Girls	11:30 am High Jump Pent M	11:30am U16/U18/U20/Sr. Women
		12:00 pm Long Jump 13-15 Boys U18 Men	12:15 pm 13-15 Girls Master Women	12:00 pm Long Jump Pent W	
		1:00 pm Triple Jump U20/Sr./ Master Men	1:15pm U18/U20/Sr Women	12:30 pm Long Jump U20/Sr./ Master Men	

Hurdles Specifications

HURDLE CHART - Junior Development Age Group (scissor hurdles)

Age / Gender	Distance	Height	# of H	→ First H	↔ H	H → Finish
9 M/F Tyke (BC)	60m	21"	5	12.00m	7.00m	20.00m
10 M/F Pee Wee	60m	24"	5	12.00m	7.00m	20.00m
11 M/F Pee Wee	60m	27"	5	12.00m	7.00m	20.00m
12 M/F Bantam	60m	27"	5	12.00m	7.00m	20.00m
13 F Bantam	60m	30"	5	12.00m	8.00m	16.00m
13 M Bantam	60m	30"	5	12.00m	8.00m	16.00m

HURDLE STANDARDS MIDGET - YOUTH - JUNIOR – SENIOR (weighted hurdles)

WOMEN						
	Distance	Height	# of H	→ First H	↔ H	H → Finish
U16 (14/15)	60m	0.762m (30")	5	12.00m	8.00m	16.00m
U18 (16/17)	60m	0.762m (30")	5	13.00m	8.50m	13.00m
U20 (18/19)	60m	0.838m (33")	5	13.00m	8.50m	13.00m
Sr (20-34)	60m	0.838m (33")	5	13.00m	8.50m	13.00m

MEN						
	Distance	Height	# of H	→ First H	↔ H	H → Finish
U16 (14/15)	60m	0.840m (30")	5	13.00m	8.50m	13.00m
U18 (16/17)	60m	0.914m (36")	5	13.72m	9.14m	9.72m
U20 (18/19)	60m	0.991m (39")	5	13.72m	9.14m	9.72m
Sr (20-34)	60m	1.067m (42")	5	13.72m	9.14m	9.72m

*U16 standards are from Ontario

HURDLE STANDARDS MASTERS INDOOR (weighted hurdles)

WOMEN						
	Distance	Height	# of H	→ First H	↔ H	H → Finish
W35-39	60m	0.840m (33")	5	13.00m	8.50m	13.00m
W40-49	60m	0.762m (30")	5	12.00m	8.00m	16.00m
W50-59	60m	0.762m (30")	5	12.00m	7.00m	20.00m
W60+	60m	0.686m (27")	5	12.00m	7.00m	20.00m

MEN						
	Distance	Height	# of H	→ First H	↔ H	H → Finish
M35-49	60m	0.991m (39")	5	13.72m	9.14m	9.72m
M50-59	60m	0.914m (36")	5	13.00m	8.50m	13.00m
M60-69	60m	0.840m (33")	5	12.00m	8.00m	16.00m
M70-79	60m	0.762m (30")	5	12.00m	7.00m	20.00m
M80+	60m	0.686m (27")	5	12.00m	7.00m	20.00m

Throwing Events and Weights

MEN	SHOT PUT	WEIGHT THROW		WOMEN	SHOT PUT	WEIGHT THROW
9 years	2 kg	N/A		9 years	2 kg	N/A
10-11 years	2 kg	N/A		10-11 years	2 kg	N/A
12-13 years	3 kg	N/A		12-13 years	3 kg	N/A
U16 (14-15)	4 kg	7.26 kg (16#)		U16 (14-15)	3 kg	7.26 kg (16#)
U18 (16-17)	5 kg	9.08 kg (20#)		U18 (16-17)	3 kg	7.26 kg (16#)
U20 (18-19)	6 kg	11.34 kg (25#)		U20 (18-19)	4 kg	9.08 kg (20#)
Sr (20-34)	7.26 kg	15.88 kg (35#)		Sr (20-34)	4 kg	9.08 kg (20#)
Masters						
MEN	SHOT PUT	WEIGHT THROW		WOMEN	SHOT PUT	WEIGHT THROW
35-49 years	7.26 kg	15.88 kg		35-49 years	4 kg	9.08 kg (20#)
50-59 years	6 kg	11.34 kg (25#)		50-59 years	3 kg	7.26 kg (16#)
60-69 years	5 kg	9.08 kg (20#)		60-74 years	3 kg	5.45 kg (12#)
70-79 years	4 kg	7.26 kg (16#)		75+ years	2 kg	4.00 kg (8.9#)
80+ years	3 kg	5.45 kg (12#)				

Indoor Pentathlon (U18 and Master)

U18 Women	60mH	LJ	SP	HJ	800m
U18 Men	60mH	LJ	SP	HJ	1000m
Master Women	60mH	LJ	SP	HJ	800m
Master Men	60mH	LJ	SP	HJ	1000m