



2026 Van Ryswyk Invitational

2026 U16 to Masters BC Indoor Championship

FINAL TRACK SCHEDULE (as of March 2, 2026)



Friday Track (as of March 2)

Time	Event	Group	Number
3:30 PM	3000m	Men Mast	7
3:45 PM	3000m	Women U18/U20	5/1
4:00 PM	3000m	Men U18/U20/Sr	7/2/1
4:15 PM	2000m	Women U16	5
4:30 PM	2000m	Men U16	4
4:45 PM	4x800m Relay		
5:00 PM		END OF DAY	

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

Hurdle races order: TBD

Heat & Finals:

60m races with 8 or fewer entries will run as a final at
 the scheduled heat time

****All Masters running events will be TIMED FINALS****

Saturday Track Schedule (as of Mar 2)

Time	Event	Group	Number	Type
9:00 AM	60m Prelim	Men Senior	9	2 heats
9:06 AM	60m Prelim	Men U20	12	2 heats
9:12 AM	60m Prelim	Women U18	20	3 heats
9:21 AM	60m Prelim	Men U18	18	3 heats
9:30 AM	60m Prelim	Women U16	13	2 heats
9:36 AM	60m Prelim	Men U16	11	2 heats
9:45 AM	1500m	Men Mast	8	
9:52 AM	1500m	Women U18/U20/Sr/Mast	8/1/0/2	Full
9:59 AM	1500m	Men U18/U20/Sr	8/3/1	Full
10:06 AM	1200m	Women U16	3	
10:11 AM	1200m	Men U16	4	

Saturday Track Schedule (as of Mar 2)

Time	Event	Group	Number	Type
10:16 AM	1200m	Boys/Girls U14	1/3	Mixed
10:21 AM	1000m	Boys/Girls 10-11	2/1	Mixed
10:26 AM	200m Timed Final	Women Mast (W60-74)	4	
10:29 AM	200m Timed Final	Women Mast (W35-59)	5	
10:32 AM	200m Timed Final	Men Mast (M65-89)	6	Full
10:35 AM	200m Timed Final	Men Mast (M45-59)	5	
10:38 AM	200m Timed Final	Men Mast (M35-44)	5	
10:41 AM	200m Timed Final	Women Senior	4	
10:44 AM	200m Timed Final	Men Senior	6	
10:47 AM	200m Timed Final	Women U20	6	Full
10:50 AM	200m Timed Final	Men U20	6	
10:53 AM	200m Timed Final	Women U18	14	3 sect
11:02 AM	200m Timed Final	Men U18	11	2 sect
11:08 AM	200m Timed Final	Women U16	12	3 sect
11:17 AM	200m Timed Final	Men U16	10	2 sect
11:23 AM	200m Timed Final	Girls 13	4	
11:26 AM	200m Timed Final	Boy 13	6	Full
11:29 AM	200m Timed Final	Girls 12	5	
11:32 AM	200m Timed Final	Boys 12	2	
11:35 AM	200m Timed Final	Boys/Girls 11	1/3	
11:45 AM	60m Timed Final	Women Mast	8	Full
11:48 AM	60m Timed Final	Men Mast (M65-M89)	7	
11:51 AM	60m Timed Final	Men Mast (M55-M64)	5	
11:54 AM	60m Timed Final	Men Mast (M50-M54)	6	
11:57 AM	60m Timed Final	Men Mast (M35-M49)	7	
12:00 PM	60m Timed Final	Women Senior	4	
12:03 PM	60m Final	Men Senior	8	Full
12:06 PM	60m Final	Women U20	6	
12:09 PM	60m Final	Men U20	8	Full
12:12 PM	60m Final	Women U18	8	Full

Saturday Track Schedule (as of Mar 2)

Time	Event	Group	Number	Type
12:15 PM	60m Final	Men U18	8	Full
12:18 PM	60m Final	Women U16	8	Full
12:21 PM	60m Final	U16 Men	8	Full
12:24 PM	60m Final	Girls 13	4	
12:27 PM	60m Final	Girls 12	5	
12:30 PM	60m Final	Boys 12-13	8	full
12:33 PM	60m Final	Girls 11	7	
12:36 PM	60m Final	Boys 10-11/Girls 9-10	2/3	
12:40 PM		Lunch Break		
1:10 PM	60mH Final	Men U20/Sr	2/3	
1:15 PM	60mH Final	Men U18	6	
1:20 PM	60mH Final	Men U16	7	
1:25 PM	60mH Final	Women U20/Sr	4/2	
1:30 PM	60mH Final	Women U18	11	2 sect
1:40 PM	60mH Final	Women U16	5	
1:50 PM	60mH Final	Boys/Girls 13/Mast W	1/1/2	
1:55 PM	60mH Final	Boys/Girls 12	1/5	
2:00 PM	60mH Final	Girls 10-11	4	
2:20 PM	400m Final	Women Mast	4	
2:25 PM	400m Final	Men Mast (M55-M84)	4	
2:30 PM	400m Final	Men Mast (M35-M54)	6	
2:35 PM	400m Final	Men Sr/U20	1/8	2 sect
2:42 PM	400m Final	Women Sr	1	
2:45 PM	400m Final	Women U20/U18	2/8	2 sect
2:55 PM	400m Final	Men U18	7	2 sect
3:05 PM	300m	Women U16	1	
3:10 PM	300m	Men U16	4	
3:15 PM	300m	Boys/Girls 12-13	1/1/2	
3:25 PM	800m	Men Mast	7	
3:30 PM	800m	Women U20	3	

Saturday Track Schedule (as of Mar 2)

Time	Event	Group	Number	Type
3:35 PM	800m	Men U20/Sr	2/4	
3:40 PM	800m	Women U18	7	
3:45 PM	800m	Men U18	9	
3:50 PM	800m	Women U16	4	
3:55 PM	800m	Men U16	7	
4:05 PM	800m	Boys/Girls 12-13	2/3	
4:08 PM	600m	Boys/Girls 10-11	3/4	
4:15 PM	4x200m		?	
4:20 PM	4x400m	Men/Women U18/U20/Mast	1+	
4:30 PM	End of Day			