

2018 Van Ryswyk Invitational

2018 BC Masters Indoor Championships

Tentative Schedule February 14, 2018

TRACK EVENTS

Friday, Mar. 9

- 5:00 pm** – 3000m Timed Finals – Masters M/ W
5:20 pm – 3000m Timed Finals (Yth – Senior Women)
5:35 pm – 3000m Timed Finals (Yth – Senior Men)
5:50 pm – 2000m Timed Finals (13- Midget Girls)
5:50 pm – 2000m Timed Finals (13- Midget Boys)
6:05 pm - 3000mRW (Youth - Masters M/W) – **Minimum 3 athletes required (enough Race Walkers must be registered by 11:59 pm, Mar. 5 for this event to be included)**

Saturday, Mar. 10

- | | |
|--------------------|-------------------------------|
| 9:20 AM | Coaches Meeting at start line |
| 9:30 AM | 60m Heats – Yth-Sr M/W |
| 10:00 AM | 60m Heats – 12-15 Girls/Boys |
| 10:40 AM | 1500m Timed Finals |
| 11:00 AM | 1200m Timed Finals |
| 11:15 AM | 1000m Timed Finals |
| 11:45 AM | 60m Finals |
| LUNCH BREAK | |
| 12:30 PM | 1500m RW (13-Mast) (5 min.) |
| 1:05 PM | 400m Timed Finals |
| 1:30 PM | 300m Timed Finals |
| 1:45 PM | 4 x 100m Timed Finals |
| 2:00 PM | 4 x 400m (Masters) |

Sunday, Mar. 11

- | | |
|-----------------|----------------------------------|
| 9:00 AM | 60mH – M/W Pent |
| 9:00 AM | 60mH – Mast – 9 M/F Timed Finals |
| 10:30 AM | 200m Heats |
| 10:45 AM | 800m Timed Finals |
| 11:05 AM | 600m Timed Finals |
| 11:45 AM | 200m Finals |
| 1:00 PM | 1000m Pent M |
| 1:00 PM | 800m Pent W |
| 1:30 PM | 4 x 200m Timed Finals |

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

Heats & Finals: 60m races with 8 or fewer entries will run as finals at the scheduled **heat** time. 200m races with 6 or fewer entries will run as finals at the scheduled **heat** time.

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

- 9-12 (2006-2008) 60mH races will be run with 12m to first hurdle, 7m between hurdles, scissor hurdles, 9yrs-21" 10yrs.-24", last H to finish-20m.
- 13 (2005) 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

FIELD EVENTS

Friday, Mar. 9		Saturday, Mar. 10		Sunday, Mar. 11	
Pole Vault	Throws	Horiz. Jump	High Jump	Jumps	Shot Put
4:00pm 13/Mid/Yth/Master – M/W	4:30 pm Wt. Throw Women Mid & older	8:00am Long Jump 9-12 Girls	8:00am 13-15 Boys, Master Men	8:00am Long Jump Jr. Sr. Master Women	8:00am 13-15 Boys & Youth Men
	6:00 pm Wt. Throw Men Mid & older	9:00am Triple Jump Jr. Sr. Master Women	9:30am 9-12 Boys		9:00am 9-12 Girls
7:30pm Jr/Sr - M/W	7:30 pm Shot Put Master M/W	10:00am Long Jump 13-15 Girls	10:45am Youth, Jr. Sr. Men	9:30am Long Jump Pent M High Jump Pent W	9:45am 9-12 Boys
		11:30 am Long Jump 9-12 Boys	11:45 am 9-12 Girls	10:15am Triple Jump 13,14,15 Girls & Youth Women	10:30am Pent M 11:15am Pent W
		12:30pm Long Jump Youth Women	12:30pm 13-15 Girls Master Women	11:30am High Jump Pent M	11:30am Jr. Sr. Men
		2:00pm Long Jump 13-15 Boys Youth Men	3:00pm Youth, Jr. Sr. Women	12:00pm Long Jump Pent W	12:15pm Youth Jr. Sr. Women 13-15 Girls
		3:00pm Triple Jump Jr. Sr. Master Men		12:30pm Triple Jump 13,14,15 Boys & Youth Men	
			<ul style="list-style-type: none"> ● HJ Pit 1 is North Court ● HJ Pit 2 is on Champ Court (South D) 	1:45pm Long Jump Jr. 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	24"	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
Mid (14/15)	60m	0.762m (30")	5	12.00m	8.00m	16.00m
Yth (16/17)	60m	0.762m (30")	5	13.00m	8.50m	13.00m
Jnr (18/19)	60m	0.838m (33")	5	13.00m	8.50m	13.00m
Snr (20-34)	60m	0.838m (33")	5	13.00m	8.50m	13.00m

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

*Midget 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
Midget (14-15)	4 kg	9.08 kg (20#)		Midget (14-15)	3 kg	7.26 kg (16#)
Youth (16-17)	5 kg	9.08 kg (20#)		Youth (16-17)	3 kg	7.26 kg (16#)
Junior (18-19)	6 kg	11.34 kg (25#)		Junior (18-19)	4 kg	9.08 kg (20#)
Senior (20-34)	7.26 kg	15.88 kg (35#)		Senior (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 (Yth and Master)					
Yth Women	60mH	LJ	SP	HJ	800m
Yth Men	60mH	LJ	SP	HJ	1000m
Master Women	60mH	LJ	SP	HJ	800m
Master Men	60mH	LJ	SP	HJ	1000m