

# 2019 Van Ryswyk Invitational 2019 BC Masters Indoor Championships

## Final Schedule March 25, 2019

<b>TRACK EVENTS</b>			
<b>Friday, Mar. 29</b>			
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)			
5:50 pm - 3000mRW (U18 - Masters M/W) – <b>Minimum 3 athletes required</b>			
<b>Saturday, Mar. 30</b>		<b>Sunday, Mar. 31</b>	
9:20 AM	Coaches Meeting at start line	9:00 AM	60mH – M/W Pent
9:30 AM	60m Timed Finals– U18-Sr W	9:10 AM	60mH – Mast – 9 M/F Timed Finals
9:35 AM	60m Timed Finals– U18-Sr M	10:00 AM	800m Timed Finals – 12-Mast M/W
9:40 AM	60m Timed Finals – U16 W	10:30 AM	600m Timed Finals – 9-11 M/W
9:45 AM	60m Timed Finals – U16 M	10:40 AM	200m Finals – 11-Mast M/W
10:00 AM	1500m Timed Finals	11:30 AM	<b>LUNCH BREAK ON TRACK</b>
10:30 AM	1200m Timed Finals	1:15 PM	1000m Pent M
10:40 AM	1000m Timed Finals	1:20 PM	800m Pent W
10:55 AM	60m Finals – JD & Mast M/W	1:30 PM	4 x 200m Timed Finals
11:50 AM	<b>LUNCH BREAK</b>		
12:10 PM	Track Rascal 60m (8 or under)		
12:30 PM	1500m RW - 13-Mast M/W		
12:50 PM	400m Timed Finals–U18-Mast		
1:20 PM	300m Timed Finals-12-U16		
1:45 PM	4 x 100m Timed Finals		
2:05 PM	4 x 400m (Masters)		
2:40 PM			

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. **All 200m races will run as timed finals at the scheduled Finals time.**

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

- 9-12 (2007-2010) 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 (2006) 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

## FINAL SCHEDULE – Mar. 25, 2019

### FIELD EVENTS

Friday, Mar. 29		Saturday, Mar. 30		Sunday, Mar. 31	
<b>Pole Vault</b>	<b>Throws</b>	<b>Horiz. Jump</b>	<b>High Jump</b>	<b>Jumps</b>	<b>Shot Put</b>
<b>5:00 pm</b> 13/U16/U18/Master – M/W	<b>5:00 pm</b> <u>Wt. Throw</u> Women U16 & older	<b>8:00 am</b> <u>Long Jump</u> 9-12 Girls	<b>8:00 am</b> 13-15 Boys, Master Men	<b>8:30 am</b> <u>Long Jump</u> U20/Sr. Master Women	<b>8:00am</b> U16/U18/U20/Sr Men
	<b>5:45 pm</b> <u>Wt. Throw</u> Men U16 & older	<b>9:00 am</b> <u>Triple Jump</u> U20/Sr. Master Women	<b>9:30 am</b> 9-12 Boys		<b>9:00am</b> 9-13 Girls
<b>7:30 pm</b> U20/Sr - M/W	<b>7:15 pm</b> <u>Shot Put</u> Master M/W	<b>10:00 am</b> <u>Long Jump</u> 13-15 Girls		<b>9:30 am</b> <u>Long Jump</u> Pent M <u>High Jump</u> Pent W	<b>9:45am</b> 9-13 Boys
		<b>10:30 am</b> <u>Long Jump</u> 9-12 Boys	<b>10:45am</b> U18/U20/Sr. Men	<b>10:15 am</b> <u>Triple Jump</u> 13,14,15 Girls & Boys U18 Men & Women	<b>10:30am</b> Pent M  <b>11:15am</b> Pent W
		<b>11:30 a</b> 1318m <u>Long Jump</u> U18 Women	<b>11:30 am</b> 9-12 Girls	<b>11:30 am</b> <u>High Jump</u> Pent M	<b>11:30am</b> U16/U18/U20/Sr. Women
		<b>12:00 pm</b> <u>Long Jump</u> 13-15 Boys U18 Men	<b>12:00 pm</b> 13-15 Girls Master Women	<b>12:00 pm</b> <u>Long Jump</u> Pent W	
		<b>1:00 pm</b> <u>Triple Jump</u> U20/Sr./ Master Men	<b>1:00 pm</b> U18/U20/Sr Women	<b>12:30 pm</b> <u>Long Jump</u> U20/Sr./ Master Men	