

2020 Van Ryswyk Invitational 2020 BC Masters Indoor Championships

Tentative Schedule Jan. 21, 2020

TRACK EVENTS			
Friday, Feb. 28			
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) – Minimum 3 athletes required			
Saturday, Feb. 29		Sunday, Mar. 1	
9:20 AM Coaches Meeting at start line 9:30 AM 60m Timed Finals– U18-Sr W 9:35 AM 60m Timed Finals– U18-Sr M 9:40 AM 60m Timed Finals – U16 W 9:45 AM 60m Timed Finals – U16 M 10:00 AM 1500m Timed Finals 10:30 AM 1200m Timed Finals 10:40 AM 1000m Timed Finals 10:55 AM 60m Finals – JD & Mast M/W 11:50 AM LUNCH BREAK 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	9:00 AM 60mH – M/W Pent 9:10 AM 60mH – Mast – 9 M/F Timed Finals 10:00 AM 800m Timed Finals – 12-Mast M/W 10:30 AM 600m Timed Finals – 9-11 M/W 10:40 AM 200m Finals – 11-Mast M/W 11:30 AM LUNCH BREAK ON TRACK 1:15 PM 1000m Pent M 1:20 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. **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 (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 – Jan. 21, 2020

FIELD EVENTS

Friday, Feb. 28		Saturday, Feb. 29		Sunday, Mar. 1	
Pole Vault	Throws	Horiz. Jump	High Jump	Jumps	Shot Put
5:00 pm 13/U16/U18/Master – M/W	5:00 pm <u>Wt. Throw</u> Women U16 & older	8:00 am <u>Long Jump</u> 9-12 Girls	8:00 am 13-15 Boys, Master Men	8:30 am <u>Long Jump</u> U20/Sr. Master Women	8:00am U16/U18/U20/Sr Men
	5:45 pm <u>Wt. Throw</u> Men U16 & older	9:00 am <u>Triple Jump</u> U20/Sr. Master Women	9:30 am 9-12 Boys		9:00am 9-13 Girls
	7:15 pm <u>Shot Put</u> Master M/W	10:00 am <u>Long Jump</u> 13-15 Girls		9:30 am <u>Long Jump</u> Pent M <u>High Jump</u> Pent W	9:45am 9-13 Boys
		10:30 am <u>Long Jump</u> 9-12 Boys	10:45am U18/U20/Sr. Men	10:15 am <u>Triple Jump</u> 13,14,15 Girls & Boys U18 Men & Women	10:30am Pent M 11:15am Pent W
		11:30 pm <u>Long Jump</u> U18 Women	11:30 am 9-12 Girls	11:30 am <u>High Jump</u> Pent M	11:30am U16/U18/U20/Sr. Women
		12:00 pm <u>Long Jump</u> 13-15 Boys U18 Men	12:00 pm 13-15 Girls Master Women	12:00 pm <u>Long Jump</u> Pent W	
		1:00 pm <u>Triple Jump</u> U20/Sr./ Master Men	1:00pm U18/U20/Sr Women	12:30 pm <u>Long Jump</u> 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