

# 2020 Van Ryswyk Invitational 2020 BC Masters Indoor Championships

## Tentative Schedule Jan. 21, 2020

<b>TRACK EVENTS</b>			
<b>Friday, Feb. 28</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, Feb. 29</b>		<b>Sunday, Mar. 1</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 (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

<b>Friday, Feb. 28</b>		<b>Saturday, Feb. 29</b>		<b>Sunday, Mar. 1</b>	
<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> <b>Wt. Throw</b> <b>Men U16 &amp; older</b>	<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>7:15 pm</b> <b>Shot Put</b> 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 pm</b> <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> <b>Triple Jump</b> U20/Sr./ Master Men	<b>1:00pm</b> U18/U20/Sr Women	<b>12:30 pm</b> <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

<b>MEN</b>	<b>SHOT PUT</b>	<b>WEIGHT THROW</b>		<b>WOMEN</b>	<b>SHOT PUT</b>	<b>WEIGHT THROW</b>
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#)
<b>Masters</b>						
<b>MEN</b>	<b>SHOT PUT</b>	<b>WEIGHT THROW</b>		<b>WOMEN</b>	<b>SHOT PUT</b>	<b>WEIGHT THROW</b>
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)

<b>U18 Women</b>	60mH	LJ	SP	HJ	800m
<b>U18 Men</b>	60mH	LJ	SP	HJ	1000m
<b>Master Women</b>	60mH	LJ	SP	HJ	800m
<b>Master Men</b>	60mH	LJ	SP	HJ	1000m