

2022 Van Ryswyk Invitational
2022 BC Masters Indoor Championships
FINAL Schedule February 23, 2022

| TRACK EVENTS | | | |
|---|-------------------------------|------------------------|---|
| Friday, Feb. 25 | | | |
| 4:30 pm - 3000m Timed Finals – Masters Mixed M/ W | | | |
| 5:00 pm - 3000m Timed Finals (U18 – Senior Men/Women) | | | |
| 5:20 pm - 2000m Timed Finals (U14 - U16 Boys/Girls) | | | |
| 5:40 pm - 3000mRW (U18 - Masters M/W) | | | |
| 6:15 pm – 4x800m Relay | | | |
| Saturday, Feb. 26 | | Sunday, Feb. 27 | |
| 9:00 AM | 1500m Timed Finals Mast M/W | 9:00 AM | 60mH – M Pent |
| 9:35 AM | 1500m Timed Finals (| 9:10 AM | 60mH – Mast – 9 M/F Finals (the order will vary) |
| 9:40 AM | 1200m Timed Finals | 10:10 AM | 800m Finals – 12-Mast M/W |
| 9:45 AM | 1000m Timed Finals | 10:30 AM | 600m Timed Finals – 9-11 M |
| 10:05 AM | 60m Finals – Mast W | 10:52 AM | 200m Finals – Mast W |
| 10:15 AM | 60m Finals – Mast M | 10:57 AM | 200m Finals – Mast M |
| 10:35 AM | 60m Finals – Snr W | 11:07 AM | 200m Finals – U20-Snr W |
| 10:40 AM | 60m Finals – Snr M | 11:10 AM | 200m Finals – U20-Snr W |
| 10:48 AM | 60m Finals – U20 W | 11:15 AM | 200m Finals – Snr M |
| 10:52 AM | 60m Finals – U18/U20 M | 11:25 AM | 200m Finals – U18 W |
| 10:56 AM | 60m Finals – U18 W | 11:30 AM | 200m Finals – U16 W |
| 11:00 AM | 60m Finals – U16 W | 11:35 AM | 200m Finals – 11-13 W |
| 11:04 AM | 60m Finals –12-U16 M | 11:40 AM | 200m Finals – 11-13 M |
| 11:08 AM | 60m Finals – 12/13 W | 11:45 AM | LUNCH BREAK ON TRACK |
| 11:12 AM | 60m Finals – 9-11 W | 1:15 PM | 1000m Pent M |
| 11:15 AM | 60m Finals – 9-11 M | 1:30 PM | 4 x 200m Timed Finals |
| 11:22 AM | 1500m RW - Mast M | | |
| 11:40 AM | LUNCH BREAK | | |
| 12:10 PM | Track Rascal 60m (8 or under) | | |
| 12:15 PM | 400m Finals–Mast W | | |
| 12:25 PM | 400m Finals–Mast M | | |
| 12:30 PM | 400m Finals–U18-Snr M/W | | |
| 12:35 PM | 300m Timed Finals-12-U20 W | | |
| 12:40 PM | 300m Timed Finals-12-U16 M | | |
| 12:50 PM | 4 x 100m Timed Finals | | |
| 1:00 PM | 4 x 400m (Masters) | | |

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: See Posted Start Times

****NOTE CHANGE: Finals: 60m and 200m races will be run as timed finals only.****

- Masters Indoor Pentathlon Male order: 60m Hurdles, Long Jump, Shot Put, High Jump, 1000m

FINAL SCHEDULE – Feb. 23, 2022

FIELD EVENTS

| Friday, Feb. 25 | | Saturday, Feb. 26 | | Sunday, Feb. 27 | |
|--------------------------------------|---|---|---|---|--------------------------------------|
| Pole Vault | Throws | Horiz. Jump | High Jump | Jumps | Shot Put |
| 4:00 pm Below 3.25m | 4:00 pm <u>Shot Put</u> 35-99 Women (8) | 9:00 am <u>Long Jump</u> 9-12 Girls (6) | 9:00 am 13-15 Boys, 35-99 Men (8) | 8:30 am <u>Long Jump</u> 18-99 Women (5) | 8:00am 14-34 Men (6) |
| | 5:00 pm <u>Shot Put</u> 35-99 Men (14) | 9:45 am <u>Triple Jump</u> 18-99 Women (4) | 10:30 am 9-12 Boys (3) | | 9:00am 9-13 Girls (5) |
| | 6:15 pm <u>Wt. Throw</u> 14-99 Women (9) | 10:45 am <u>Long Jump</u> 13-15 Girls (9) | | 9:30 am <u>Long Jump</u> Pent M (5) | 9:45am 9-13 Boys (6) |
| 7:00pm Above 3.25m | 7:00 pm <u>Wt. Throw</u> 14-99 Men (9) | 12:00 pm <u>Long Jump</u> 9-12 Boys (5) | 11:30am 16-34 Men (10) | 10:15 am <u>Triple Jump</u> 13-17 Men & Women (5) | 10:30am Pent M (5) |
| | | 12:45 pm <u>Long Jump</u> 13-17 Boys (7) | 12:45 pm 9-13 Girls (4) | 11:30 am <u>High Jump</u> Pent M (5) | 11:30am 14-34 Women (3) |
| | | 1:45 pm <u>Long Jump</u> 16-17 Women (6) | 1:30 pm 14-15 Women 35-99 Women (6) | 11:30 am <u>Long Jump</u> 18-99 Men (15) | |
| | | 3:00 pm <u>Triple Jump</u> 18-99 Men (8) | 2:30pm 16-34 Women (3) | | |
| | | | | | |

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 |
| 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 |

*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 |
| 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 |