

**2023 Van Ryswyk Invitational  
2023 BC Masters Indoor Championships  
Revised FINAL Schedule Feb 23, 2023**

<b>TRACK EVENTS</b>	
<b>Friday, Feb. 24</b>	
5:00 pm – 3000m Timed Finals – Masters M/ W	
5:15 pm – 3000m Timed Finals (U18 – Senior Men/Women)	
5:30 pm – 2000m Timed Finals (13- U16 Boys/Girls)	
5:45 pm - 3000mRW (Masters M/W) – Minimum 3 athletes required	
<b>Saturday, Feb. 25</b>	<b>Sunday, Feb. 26</b>
<p>9:20 AM</p> <p>9:30 AM 60m Finals– Mast W 2(sect)</p> <p>9:40 AM 60m Final – Mast M (2 sect)</p> <p>9:50 AM 60m Finals– Sr M (2 sect)</p> <p>10:00 AM 60m Finals – U18-Sr W (1 sect)</p> <p>10:05 AM 60m Finals – U18-U20 M (1 sect)</p> <p>10:10 AM 60m Finals – U16 W (1 sect)</p> <p>10:15 AM 60m Finals – U16 M (2 sect)</p> <p>10:20 AM 60m Finals–12-13 W (1 sect)</p> <p>10:23 AM 60m Finals–12-13 M (2 sect)</p> <p>10:30 AM 60m Finals – 9-11 W/M (2 sect)</p> <p>10:40 AM 1500m Finals-Mast W/M (1 sect)</p> <p>10:50 AM 1500m Finals-U18-Snr W/M (1 sect)</p> <p>11:00 AM 1200m Finals – M (1 sect)</p> <p>11:10 PM 1000m Finals – W, M</p> <p>11:30 PM</p> <p>12:00 PM <b>LUNCH BREAK (About)</b></p> <p>12:30 PM Track Rascal 60m (8 or under)</p> <p>1:00 PM 1500m Racewalk – W/M (1 sect)</p> <p>1:20 PM 400m Finals–Mast W (1 sect)</p> <p>1:25 PM 400m Finals – Mast M (1 sect)</p> <p>1:30 PM 400m Finals – U18-Sr M (2 sect)</p> <p>1:35 PM 300m Finals - U16 W (1 sect)</p> <p>1:50 PM 300m Finals – 12-U16 M (2 sect)</p> <p>2:00 PM 4 x 100m Finals 4 x 400m (Masters)</p>	<p>9:00 AM 60mH – M/W Pent (2 sect)</p> <p>9:20 AM 60mH – Mast – 9 M/F Finals (6 sect)</p> <p>10:15 AM 800m Finals – Mast M/W (1 sect)</p> <p>10:20 AM 800m Finals – U20-Sr M (1 sect)</p> <p>10:25 AM 800m Finals – 12-U18 W (1 sect)</p> <p>10:30 AM 800m Finals – 13-U16M (1 sect)</p> <p>10:35 AM 600m Finals – 9-11 M/W (1 sect)</p> <p>10:40 AM 200m Finals – Mast W (2 sect)</p> <p>10:50 AM 200m Finals – Mast M (2 sect)</p> <p>11:00 AM 200m Final – Sr M (2 sect)</p> <p>11:10 AM 200m Final – U18-Sr W (1 sect)</p> <p>11:20 AM 200m Final – U18-U20 M (1 sect)</p> <p>11:25 AM 200m Final – U16 W (2 sect)</p> <p>11:35 AM 200m Final – U16 M (2 sect)</p> <p>11:45 AM 200m Finals – 11-13 W/M (4 sect)</p> <p>12:05 PM <b>LUNCH BREAK ON TRACK</b></p> <p>1:15 PM 1000m Pent M</p> <p>1:20 PM 800m Pent W</p> <p>1:30 PM 4 x 200m Relays 4 x 400m Relays</p>

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

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