

2024 Van Ryswyk Indoor Meet
2024 BC Masters Indoor Championship
FINAL TRACK SCHEDULE (as of March 5, 2024)

Friday Track

Time	Event	Group	Number
4:30 PM	3000m	Mast Men/Women	6
4:50 PM	3000m	U18-Sr Men/Women	2
5:10 PM	2000m	12 - 15 Men/Women	4
5:45 PM	4x800 Relay (if any entries)		

Saturday Track

Time	Event	Group	Number
9:00 AM	60m	Mast Women	3 sect
9:12 AM	60 m	Mast Men	2 sect
9:20 AM	60m	Senior Men	8
9:24 AM	60m	U18-Sr Women	8
9:28 AM	60m	U20 Men	2
9:32 AM	60m	U18 Men	7
9:36 AM	60m	U16 Women	5
9:40 AM	60m	U 16 Men	7
9:44 AM	60m	12-13 Girls	2 sect
9:50 AM	60m	12-13 Boys	7
9:53 AM	60m	9-11 Girls	2 sect
9:59 AM	60m	9-11 Boys	7
10:10 AM	1500m	Mast Men	5
10:20 AM	1500m	16-19 Men/Women	2
10:30 AM	1200m	12-15 Boys/Girls	4
10:35 AM	1000m	9-11 Boys/Girls	5
10:45 AM	200m	Mast Women	5
10:49 AM	200m	Mast Men	3 sect
10:59 AM	200m	U20-Sr Women	6
11:04 AM	200m	U18-Sr Men	5
11:06 AM	200m	U16-U18 Women	2 sect
11:12 AM	200m	U16 Men	6
11:14 AM	200m	12-13 Girls	2 sect
11:17 AM	200m	11-13 Boys	5
11:30 AM	200m	11 Girls	5

Saturday Track (cont)

Time	Event	Group	Number
12:15 PM	60mH	Sr/Mast M	2
12:25 PM	60mH	U16 M-U20 W	7
12:35 PM	60mH	U16 Women	2
12:45 PM	60mH	Mast Women	5
12:55 PM	60mH	13 B/G	4
1:05 PM	60mH	12 B/G	5
1:15 PM	60mH	10-11 B/G	7
1:25 PM	60mH	9 B/G	3
1:35 PM	400m	Mast Men	6
1:45 PM	400m	U20-Sr Men	5
1:55 PM	400m	U18 Men	5
2:05 PM	300m	U16 Women	4
2:09 PM	300m	U 16 Men	5
2:13 PM	300m	12-13 Girls	4
2:17 PM	300m	12-13 Boys	3
2:25 PM	800m	Mast Men	6
2:30 PM	800m	14-Mast W	5
2:35 PM	800m	12-17 Men	6
2:40 PM	800m	12-13 Girls	4
2:45 PM	600m	9-11 B/G	8
3:00 PM	4x200m		
3:20 PM	4x400m		

**** All events will follow a rolling schedule. Some may take longer than shown, some less. ****
Please listen to announcements for changes. There will be a fun Track Rascal 60m race(s) at 11:30 AM

**2024 Van Ryswyk Indoor Meet
2024 BC Masters Indoor Championship
FINAL FIELD SCHEDULE (as of March 5, 2024)**

Friday Field (as of March 5)

Time	Pole Vault	Shot Put	Shot Put	Weight Throw
4:00 PM	Below 3.00m (9)	W Mast (13)	W Mast (13)	
5:00 PM		M Mast (10)	M Mast (10)	
6:15 PM				W U16-Mast (9)
7:00 PM	3.00m and higher (4)			M U16-Mast (8)
8:00 PM	End of Day			

Saturday Field (as of March 5)

Time	Long Jump	Triple Jump	High Jump	Shot Put
8:00 AM	G U10-U12 (13)			
9:00 AM	G U13-U14 (23)		B U10-U14 (5)	W U16-Sr (6)
9:45 AM				
10:00 AM			M U16/M Mast (5)	G U10-U14 (15)
10:30 AM	B U10-U14 (14)			
11:15 AM			G U10-U14 (8)	M U16-Sr (8)
11:45 AM	W U16-Mast (21)			
12:15 PM			M U18-Sr (6)	B U10-U14 (5)
12:30 PM				
1:30 PM	M U16-Mast (19)			
2:15 PM			W U16-Mast (14)	
2:45 PM				
3:00 PM		W/M U14-Mast (12)		
4:00 PM	End of Day			