



2025 Van Ryswyk Invitational 2025 U16 to Masters BC Indoor Championship



TENTATIVE SCHEDULE (Jan. 28, 2025)

Friday Track (March 7)

Time	Event	Group	Number
4:30 PM	3000m	Men/Women Mast	
5:00 PM	3000m	Men/Women U18-Sr	
5:20 PM	2000m	Men/Women U14-U16	
6:15 PM	4x800m Relay		
7:00 PM	End of Day		

Track events (except hurdles) will run in the following order:

Alternating females then males from oldest to youngest, slowest to fastest

Hurdle races order: TBD

Heat & Finals:

60m races with 8 or fewer entries will run as a final at the scheduled **heat** time

****All Masters running event will be TIMED FINALS****

Saturday Track (March 8)

Time	Event	Group	Number
9:00 AM	60m Heat	Women U18-Sr	
	60m Heat	Men U18-Sr	
	60m Heat	Women U16	
	60m Heat	U16 Men	
	1500m	Men/Women U18-Mast	
	1200m	Men/Women U14-U16	
	1000m	Boys/Girls 9-11	
	200m	Men/Women 11-Mast	
11:50 AM	60m Final	Women U18-Sr	
	60m Final	Men U18-Sr	
	60m Final	Women U16	
	60m Final	U16 Men	
	60m Final	Women Mast	
	60m Final	Men Mast	
	60M Final	Boys/Girls 9-13	
12:30 PM	Lunch Break		
1:00 PM	60m Hurdles	Men/Women 9-Mast	
	400m	Men/Women U18-Mast	
	300m	Men/Women U14-U16	
	800m	Men/Women U14-Mast	
	600m	Boys/Girls 9-11	
	4x200m		
5:00 PM	4x400m	Men/Women Mast	
5:30 PM	End of Day		

Friday Field (March 7)

Time	Pole Vault	Shot Put	Weight Throw
4:00 PM	Below 3.25m	W Mast	
5:00 PM		M Mast	
6:15 PM			W U16-Mast
7:00 PM	Above 3.25m		M U16-Mast
8:00 PM	End of Day		

Saturday Field (March 8)

Time	Long Jump	Triple Jump	High Jump	Shot Put
8:00 AM	G 9-13			B 9-13
9:00 AM	B 9-13		B U16/M Mast	G 9-13
9:45 AM				
10:00 AM		M 10-Mast		W U16-Sr
10:30 AM			B 9-13	
11:00 AM	W U16-Mast			M U16-Sr
11:30 AM			M U18-Sr	
12:00 PM				
12:45 PM			G 9-13	
1:00 PM	M U16-Mast			
1:30 PM			W U16/W Mast	
2:30 PM			W U18-Sr	
3:00 PM		W 10-Mast		
4:00 PM	End of Day			