



# 2025 Van Ryswyk Indoor Invitational Meet

Hosted by the Kamloops Track and Field Club  
Sanctioned by BC Athletics

**Friday & Saturday March 7 – March 8, 2025**

For information for the BC U16-Masters Indoor Championship please refer to the technical package located <https://www.trackie.com/event/2025IndoorChamps>

## Location:

Tournament Capital Centre, 910 McGill Rd., Kamloops, BC (See page 3 for driving directions).

## Facility:

Track: 6 lanes - 200m oval, 8 lanes - 60m, **Mondo surface**, fully automatic timing. Complete jumps and shot put/weight throws areas. Change rooms available.

## Meet Director:

Wayne Elke  
Ph: (250) 554-4240  
Email: [wcelke@shaw.ca](mailto:wcelke@shaw.ca)

## Meet Manager:

Judy Armstrong  
Ph: (250) 377-3378  
Email: [judy54armstrong@gmail.com](mailto:judy54armstrong@gmail.com)

## Eligible Athletes:

- 2025/2026 BC Athletics members.
- 2025/2026 School Club Members – Elementary, middle, or high school students whose schools hold a BC Athletics School Club Membership are eligible to compete. This includes all Kamloops **public** school athletes. To not pay the “Day of Event” insurance fee, these school athletes must enter the appropriate code into the Trackie field requesting the BCA number. Athletes can get this code from their Athletic Director or Administrator. Alternatively, a request for the code can be made by calling the Entries Chairperson.
- SD#73 has purchased an annual BC Athletics license for all public schools in the district. Therefore, these public-school athletes do not pay the “Day of Event” fee. Instead, they must enter a special code when it asks for their BCA membership number which will bypass that fee. Please contact the Entries Chairperson (see below) to get that code.
- “Day of Event” School Club Members – **Elementary, middle, or high school students only**, whose schools **do not** hold a BC Athletics School Club Membership, must purchase “Day of Event” School Club Membership insurance for **\$5.00**.
- For all athletes’ the age is calculated as of December 31, 2025

## **Meet Registration:**

### **Entries Chairperson:**

Brian Beck

Ph: 250-579-5346

Email: [kftcregistrar@gmail.com](mailto:kftcregistrar@gmail.com)

## **Registration Method & Pavement:**

All entries **must** be submitted to Brian by the following method:

- **TrackieReg** – Register online and payment may be made using a credit card:
- **Use the following for the Van Ryswyk Indoor Invitational**  
<https://www.trackie.com/event/2025VanRyswyk>

## **Early Entry Fees end February 21, 2025 @ 11:59 pm (Local Time)**

- U10 to U14 - \$15.00 for the 1<sup>st</sup> event and \$10.00 for each additional event.
- USport - \$20.00 for the 1<sup>st</sup> event and \$15.00 for each additional event.

## **Late Entry Fees end February 28, 2025 @ 11:59 pm (Online Registration Closes)**

- For all age groups \$30.00 for each event.

## **Administration Fee:**

- \$5.00 per athlete

**Late Entries maybe accepted at the meet subject to space in the events so that new heats/flight do not have to be created.**

**\$20.00 per relay entries submitted online. Will also be accepted on paper form up to 1 hour prior to the event and will not be considered late.**

## **Seed Times:**

Athletes should use seed times from 2020 to 2025 indoor meets only.

## COMPETITION RULES AND OTHER INFORMATION

### COMPETITION PACKAGES:

Payment must be received before the package is released. Payment can be made at the meet for university and/or school teams. Make all cheques payable to "Kamloops Track and Field Club". Clubs/Teams must designate a responsible person who will pick up, completely pay for the club package, and assume responsibility for the package (the Meet Secretary will **not** look after partial club packages).

### COMPETITION CATEGORIES - 2025:

2025

U10 (2016), U12 (2014 - 2015), U14 (2012 - 2013), U16 (2010 - 2011), U18 (2008 - 2009), U20 (2006 - 2007), Senior (1991 - 2005), Master (1990 and earlier - 35yrs of age+)

### AWARDS:

Athletes will receive Van Ryswyk medals for 1<sup>st</sup> - 3<sup>rd</sup>. Ribbons will be awarded to placing 4<sup>th</sup> - 6<sup>th</sup> or 8<sup>th</sup> place for individual events only. Ribbons will be awarded to all relay members from 1<sup>st</sup> - 3<sup>rd</sup> place. Awards must be picked up at the meet and will be available 30 minutes after the event results have been posted. **No mail-outs.**

### MARSHALLING:

Check-in for all field events is at the event location. Check-in for all track events is at the start line area for the event. All athletes must check in a minimum of 30 minutes prior to the scheduled start time.

### COMPETITOR'S NUMBERS:

Competition numbers must be worn on the front for all track events, and front or back for field events (at the discretion of the official). If hip numbers are assigned, they must be worn as directed by the Starter's Assistants.

### IMPLEMENTS:

All implements will be supplied by the meet organizers. Indoor weight throw and shot-put implements will be used. Athletes may use their own Indoor implements which must meet World Athletics standards. They must be weighed-in and measured at least 45 minutes prior to the competition. The weigh-in station will be located near the throws area of the Fieldhouse.

### SPIKE LENGTH:

The maximum spike length allowed is 7 mm for all events. **NOTE:** only Pyramid or Christmas Tree spikes allowed. No Needle spikes.

### ORDER OF EVENTS:

All track events will be run from oldest to youngest, females then males (exception hurdles), and may start up to 30 minutes earlier than the scheduled time. Heats/sections will run slow to fast according to

seed times. Athletes not submitting seed times will be placed in slower heats. **Please pay attention to announcements regarding time changes for events.**

### **ATHLETES WITH CONFLICTING EVENTS:**

Track events will go as scheduled. Athletes must notify the officials at all events which are in conflict. Athletes in field events will forego their attempt in a round if the round has been completed before they return.

### **TRACK EVENTS:**

All track events will be run as timed finals. Sections will be consolidated where possible. Events may be run up to 30 minutes earlier than the scheduled time.

### **QUALIFYING FOR FINAL in Field Events:**

USport who finish in the top 8 after three rounds will advance to the final and receive another 3 attempts. Athletes 9-13 years of age will all receive three attempts (except the high jump) as per BC Athletics JD policy.

### **COMPETITIVE ATTIRE:**

All athletes are encouraged to wear their club uniform.

### **PROTESTS:**

“Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the results of that event.” Result postings should be time-stamped, and that time is considered the beginning of the 30-minute period. The Protest is made orally to the relevant Referee, e.g. the Field Referee for the Field event, or the Track Referee for the Track event. A protest concerning a false start shall be made to the Track Referee, or (if there is one) the Start Referee.

Only an athlete or his/her representative may make a protest. The athlete must have been affected by the decision or result of the event. The protestor may contact the relevant Referee through the Meet Director or Technical Information Centre (if there is one) if the Referee is not immediately available. No deposit is required for a PROTEST.

The Referee should record his/her decision and the reasons for that decision on the Protest and Appeal Form. This completed form is posted with the time and date of posting indicated. Once posted, any athlete affected has 30 minutes to lodge a protest concerning this decision.

### **JURY OF APPEAL:**

A jury of appeal consisting of three competent and qualified persons (at least one being a track official and at least one being a field official) will be available for decisions arising from protests. All Jury of Appeal decisions are final.

The original protestor or anyone else affected by the Referee's decision has the right to make an APPEAL TO THE JURY regarding the Referee's decision, within 30 minutes of the official announcement of that decision. An APPEAL TO THE JURY shall be in writing and should cite the relevant Rule number. A deposit of \$50 shall accompany an APPEAL TO THE JURY. The deposit will be refunded if the Appeal is successful. The deposit will not be refunded if the Appeal is denied.

## MEDICAL:

St. John's Ambulance on site.

## CONCESSION:

There is a concession available during the meet, near the main entrance to the Tournament Capital Centre.

## Meet Accommodations:

Meet Hotel: **Best Western PLUS** located at 660 Columbia Street West, Kamloops B.C.

Group Name: Van Rywysk and Masters Invitational – Trk N' Fld

Contract Name: Judy Armstrong

Room Type:

QQH = \$115.00 per night up to 4 adult per room, extra person \$20.00

QQ = 115.00 per night up to 4 adult per room, extra person \$20.00

Online booking URL:

[https://www.bestwestern.com/en\\_US/book/hotel-rooms.62122.html?groupId=S48FU5A9](https://www.bestwestern.com/en_US/book/hotel-rooms.62122.html?groupId=S48FU5A9)

There are many other hotels near the Tournament Capital Site on Columbia Street West and on Rogers Way. The TRU Accommodations are not available. Please see the Tourism Kamloops website - <https://www.tourismkamloops.com/stay/> - for hotel suggestions. Use the Aberdeen – Sahali – Dufferin region for accommodation closest to the Tournament Capital Centre.

## Driving Direction to the Tournament Capital Centre:

Arriving from the west (Highway #5): Exit to the right at exit 367 and turn left onto Hillside Way (this will take you across the highway). When you reach the end of Hillside Way turn right onto Hillside Drive and follow this road to the Tournament Capital Centre. (**NOTE:** left turns are not permitted on McGill to the TCC parking. Please continue through the light at Hillside Drive and follow University Drive. Then make your way through the parking area for Hillside Stadium.)

Arriving from the east (Highway #1): Exit to the right at exit 370 and turn right onto Summit Drive. Follow Summit Dr. and turn left after the Real Canadian Superstore onto McGill Rd. Follow McGill until you reach the Tournament Capital Centre.

