

2025 Van Ryswyk Invitational 2025 BC Masters Indoor Championship



Revised TENTATIVE SCHEDULE (Feb 24, 2025)

Heat & Finals:

60m & 200m Preliminaries at Preliminaries times, all others at Finals times

All Masters running event will be TIMED FINALS

Friday Track (March 7)				
Time	Event	Number		
4:30 PM	3000m	Men/Women U18 - Mast	8	
5:00 PM	2000m	Men/Women U14-U16	3	
5:30 PM				
6:30 PM		End of Day		
7:00 PM				

Saturday Track (March 8)					
Time	Event	Event Group Number			
9:00 AM	60m Hurdles	Men U18 - U20	5		
9:10 AM	60m Hurdles	Men/Women U16 - U20	7		
9:20 AM	60m Hurdles	Women U16 & 45-49	7		
9:30 AM	60m Hurdles	Men/Women Mast	4		
9:40 AM	60m Hurdles	Men/Women 12-13	6		
9:45 AM	60m Hurdles	Men/Women 9-11	3		
9:50 AM	60m Prelim	U18 Women	11		
10:00 AM	60m Prelim	U18 Men	11		
10:10 AM	60m Prelim	U16 Women	12		
10:15 AM	1500m	Masters Men/Women 6			
10:21 AM	1500m	U18 - U20 Men 7			
10:26 AM	1500m	U18 Women 2			

Saturday Track (March 8)				
Time	Event	Group	Number	
10:32 AM	1200m	U16 Men	4	
10:37 AM	1200m	U16 Women	2	
10:42 AM	1200m	12-13 Women	2	
10:42 AM	1000m	11 Men/Women	2	
11:00 AM	200m Prelim	U18 Women	12	
11:10 AM	200m Prelim	U18 Men	10	
11:20 AM	200m Prelim	U16 Women	9	
11:30 AM	800m Final	Masters Men/Women	7	
11:35 AM	800m Final	U16 to Snr Men	9	
11:40 AM	800m Final	U16 Women	2	
11:45 AM	800m Final	12-13 Men/Women	4	
11:50 AM	600m Final	9-11 Men/Women	6	
11:55 AM		Lunch Break		
12:55 PM	60M Final	Mast Women	4	
1:00 PM	60M Final	Mast Men	11	
1:05 PM	60M Final	Senior Men	8	
1:10 PM	60M Final	U20-Senior Women	3	
1:15 PM	60M Final	U20 Men	7	
1:20 PM	60M Final	U18 Women	8	
1:25 PM	60M Final	U18 Men 8		
1:30 PM	60M Final	U16 Women 8		

Time Event Group Number 1:35 PM 60M Final U16 Men 3 1:40 PM 60M Final 12-13 Women 8 1:43 PM 60M Final 12-13 Men 4 1:46 PM 60M Final 10-11 Women 6 1:49 PM 60M Final 9-11 Men 7 1:55 PM 400m Master Women 2 1:58 PM 400m Master Men 6 2:02 PM 400m U20 Men 4 2:06 PM 400m U18 Women 6 2:08 PM 400m U18 Women 6 2:08 PM 400m U18 Women 6 2:15 PM 300m U16 Women 6 2:18 PM 300m 12-13 Women 3 2:21 PM 300m 12-13 Women 4 2:30 PM 200M Final Masters Men 10 2:35 PM 200M Final U20 - Senior Momen 3 2:51 PM 200M Final U20 Men <th colspan="5">Saturday Track (March 8)</th>	Saturday Track (March 8)				
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	3:07 PM	200M Final	13 Women	3	
3:13 PM 200M Final 12-13 Men 5	3:10 PM	200M Final	12 Women	5	
	3:13 PM	200M Final	12-13 Men	5	

	Saturday Track (March 8)				
Time	Event	Event Group N			
3:15 PM	200M Final	11 Men/Women	5		
3:30 PM	4X400m	Masters Men/Women			
	4X100m	4X100m 9-Senior Men/Women			
	4X200m 11-Master Men/Women				
5:30 PM	End of Day				

Friday Field (March 7)			
Time	Pole Vault	Shot Put	Weight Throw
4:00 PM	All M/W (12)	W Mast (4)	
5:00 PM		M Mast (11)	
6:15 PM			W U16-Mast (7)
7:00 PM			M U16-Mast (8)
8:00 PM		End of Day	

Saturday Field (March 8)					
Time	Long Jump	Triple Jump	High Jump	Shot Put	
9:00 AM	G 9-13 (10)			B 9-13 (7)	
9:30 AM			M U16-Mast (9)		
10:00 AM	B 9-13 (8)			G 9-13 (7)	
10:30 AM					
11:00 AM		M 10-Mast (9)		W U16-Sr (5)	
11:30 AM			B 9-13 (5)		
12:00 PM	W U16-Mast (15)				
12:30 PM				M U16-Sr (5)	
1:00 PM					
1:30 PM			G 9-13 (4)		
2:00 PM	M U16-Mast (16)				
2:30 PM			W U16-Mast (7)		
3:00 PM					
3:30 PM					
4:00 PM		W 10-Mast (8)			
4:30 PM					
5:00 PM	End of Day				