



2026 Van Ryswyk Invitational

2026 U16 to Masters BC Indoor Championship

TENTATIVE SCHEDULE (Sept. 6, 2026)



Friday Track (March 6)

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 7)

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 6)

Time	Pole Vault	Shot Put	Weight Throw	Triple Jump
4:00 PM	Below 3.25m	W Mast		M 10-Mast
5:00 PM		M Mast		
6:15 PM			W U16-Mast	W 10-Mast
7:00 PM	Above 3.25m		M U16-Mast	
8:00 PM	End of Day			

Saturday Field (March 7)

Time	Long 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			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			
4:00 PM	End of Day		