



2025 Van Ryswyk Invitational

2025 BC Indoor Championship U16-Masters

Updated Tentative SCHEDULE (Feb. 25, 2025)



Heat & Finals:

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

Friday Track (March 7)

Time	Event	Group	Number
4:30 PM	3000m	Women U18 - Mast	4
4:45 PM	3000m	Men U18 - Mast	10
5:00 PM	2000m	Women U14-U16	2
5:15 PM	2000m	Men U14-U16	1
5:30 PM	End of Day		

Saturday Track (March 8)

Time	Event	Group	Number
9:00 AM	60m Hurdles	Men U18 - U20	6
9:10 AM	60m Hurdles	Women U18 - U20	7
9:20 AM	60m Hurdles	Women U16 & 45-49	8
9:30 AM	60m Hurdles	Men U16	1
9:40 AM	60m Hurdles	Men/Women Mast	3
9:50 AM	60m Hurdles	Men/Women 13	3
9:55 AM	60m Hurdles	Men/Women 12	4
10:00 AM	60m Hurdles	Men/Women 9-11	6
10:10 AM	60m Prelim	Men Senior	11 (2 heats)
10:20 AM	60m Prelim	U18 Women	12 (2 heats)
10:30 AM	60m Prelim	U18 Men	13 (2 heats)
10:40 AM	60m Prelim	U16 Women	12 (2 heats)
10:44 AM	1500m	Masters Men/Women	7
10:48 AM	1500m	U18 - U20 Men	7



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

Saturday Track (March 8)

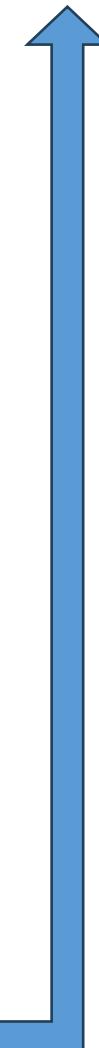
Time	Event	Group	Number
10:51 AM	1500m	U18 - U20 Women	3
10:54 AM	1200m	U16 Women	4
10:57 AM	1200m	U16 Men	2
11:00 AM	1200m	12-13 Women	2
11:00 AM	1000m	11 Men/Women	2
11:05 AM	200m Prelim	U18 Women	15 (3 heats)
11:14 AM	200m Prelim	U18 Men	13 (3 heats)
11:24 AM	200m Prelim	U16 Women	9 (2 Heats)
11:33 AM	800m Final	Masters Men/Women	9
11:38 AM	800m Final	U16 to Srnr Men	10
11:43 AM	800m Final	U16 & U18 Women	3
11:48 AM	800m Final	12-13 Men/Women	4
11:53 AM	600m Final	9-11 Men/Women	9
12:00 PM	Lunch Break		
12:55 PM	60M Final	Mast Women	4
1:00 PM	60M Final	Mast Men	17 (3 sect)
1:10 PM	60M Final	U20-Senior Women	3
1:15 PM	60M Final	Men Senior	8
1:20 PM	60M Final	U20 Men	8
1:25 PM	60M Final	U18 Women	8
1:30 PM	60M Final	U18 Men	8
1:35 PM	60M Final	U16 Women	8

Saturday Track (March 8)

Time	Event	Group	Number
1:40 PM	60M Final	U16 Men	3
1:43 PM	60M Final	12-13 Women	11 (2 sect)
1:47 PM	60M Final	12-13 Men	6
1:50 PM	60M Final	10-11 Women	9 (2 sect)
1:55 PM	60M Final	9-11 Men	8
2:00 PM	400m	Master Women	2
2:04 PM	400m	Master Men	7 (2 sect)
2:12 PM	400m	Senior Men	5
2:16 PM	400m	U20 Men	5
2:20 PM	400m	U18 Women	7 (2 sect)
2:28 PM	400m	U18 Men	7 (2 sect)
2:36 PM	300m	U16 Women	6
2:40 PM	300m	U16 Men	3
2:43 PM	300m	12-13 Women	4
2:46 PM	300m	12-13 Men	2
2:55 PM	200M Final	Masters Women	4
2:58 PM	200M Final	Masters Men	13 (3 sect)
3:10 PM	200M Final	Senior Men	6
3:14 PM	200M Final	U20 - Senior Women	3
3:18 PM	200M Final	U20 Men	6
3:22 PM	200M Final	U18 Women	6
3:26 PM	200M Final	U18 Men	3
3:30 PM	200M Final	U16 Women	6
3:34 PM	200M Final	U16 Men	3
3:37 PM	200M Final	13 Women	4
3:40 PM	200M Final	12 Women	6
3:46 PM	200M Final	12-13 Men	7 (2 sect)

Saturday Track (March 8)

3:49 PM	200M Final	11 Men/Women	6
4:00 PM	4X400m	Masters Men/Women	
	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	M/W (10) (under 2.90m)	W Mast (4)	
4:45 PM		M Mast (13)	
6:15 PM			W U16-Mast (7)
7:00 PM	M/W (11) (2.90m and over)		M U16-Mast (9)
8:00 PM	End of Day		

Saturday Field (March 8)

Time	Long Jump	Triple Jump	High Jump	Shot Put
9:00 AM	Girls 9-13 (13)			Boys 9-13 (8)
9:30 AM			Men U16-Mast (10)	
10:00 AM	Boys 9-13 & M 86 (12)			Girls 9-13 (8)
10:30 AM				
11:00 AM		Men 13-Mast (9)		Women U16-U20 (5)
11:30 AM			Boys 9-13 (6)	
12:00 PM	Women U16 (9)			
12:30 PM				Men U16-Sr (7)
1:00 PM	Women U18-Snr (8)			
1:30 PM			Girls 9-13 (5)	
2:00 PM	Men U16-U18 (8)			
2:30 PM			Women U16-Mast (8)	
3:00 PM	Men U20-Mast (13)			
3:30 PM				
4:00 PM				
4:30 PM		Women 13-Mast (9)		
5:00 PM	End of Day			