

2017 Van Ryswyk Invitational 2017 BC Masters Indoor Championships

Tentative Schedule

TRACK EVENTS

Friday, Mar. 31

5:00 pm – 3000m – Masters M/ W
5:20 pm – 3000m Timed Finals (Yth – Senior Women)
5:40 pm – 3000m Timed Finals (Yth – Senior Men)
6:00 pm – 2000m Timed Finals (13-15 Girls)
6:00 pm – 2000m Timed Finals (13-15 Boys)
6:15 pm - 3000mRW (Youth - Masters M/W) – Minimum 3 athletes required (enough Race Walkers must be registered by 11:59 pm, Mar. 28 for this event to be included)

Sat, April 1, 2017		Sun, April 2, 2017	
9:20 AM	Coaches Meeting at start line	9:00 AM	60mH – Mast – 9 M/F Timed Finals
9:30 AM	60m Heats – Yth-Sr M/W	10:30 AM	800m Timed Finals
10:00 AM	60m Heats – 12-15 Girls/Boys	10:50 AM	600m Timed Finals
10:20 AM		11:30 AM	200m Finals
10:40 AM	1500m Timed Finals		
11:00 AM	1200m Timed Finals	12:30 PM	4 x 200m Timed Finals
11:15 AM	1000m Timed Finals		
11:45 AM	60m Finals		
12:30 PM	LUNCH BREAK		
1:05 PM	1500m RW (13-Mast) (5 min.)		
1:30 PM	400m Timed Finals		
1:45 PM	300m Timed Finals		
2:00 PM	4 x 100m Timed Finals		
	4 x 400m (Masters)		

Track events (except hurdles) will run in the following order: Alternating females then males from oldest to youngest, slowest to fastest seed times,

Hurdle races order TBD

Heats & Finals: 60m races with 8 or fewer entries will run as finals at the scheduled **heat** time.
200m races with 6 or fewer entries will run as finals at the scheduled **heat** time.

** All Masters running events will be TIMED FINALS at the scheduled FINALS time**

- 9-12 (2005-2008) 60mH races will be run with 12m to first hurdle, 7m between hurdles, scissor hurdles, 9yrs-21” 10yrs.-24”, last H to finish-20m.
- 13 year old 60mH will be the same except 30” high, 8m between and 16m to finish line.

FIELD EVENTS

Friday, Mar. 31		Saturday, Apr. 1		Sunday, Apr. 2	
Pole Vault	Wt Throw	Horiz. Jump	High Jump	Horiz. Jump	Shot Put
4:00pm 13/Mid/Yth /Master – M/W	4:30 pm Women 14 & older	8:00am <u>Long Jump</u> 9-12 Girls	8:30am 13-15 Boys, Master Men Pit 1		8:00am 13-15 Boys/Youth Men – Pit 1
	6:00 pm Men 14 & older	9:00am <u>Triple Jump</u> Jr. Sr. Women Master Women	8:30am 9-12 Boys Pit 2	9:00am <u>Long Jump</u> Jr. Sr. Master Women	9:30am 9-12 Girls
7:30pm Pole Vault Jr/Sr - Male / Female	7:30 pm <u>Shot Put</u> Master M/W	10:00am <u>Long Jump</u> 13-15 Girls	10:00am Youth, Jr. Sr. Men Pit 1	10:30am <u>Triple Jump</u> 13,14,15 Girls Youth Women	10:30am 9-12 Boys Pit 2
		11:30 am <u>Long Jump</u> 9-12 Boys	11:30 am 9-12 Girls Pit 2		11:30am Jr. Sr. Men
		12:30pm <u>Long Jump</u> Youth Women	12:30pm 13-15 Girls Master Women Pit 1	12:00 pm <u>Triple Jump</u> 13,14,15 Boys Youth Men	12:15pm Youth Jr. Sr. Women Pit 1 13-15 Girls Pit 2
		2:00pm <u>Long Jump</u> 13-15 Boys Youth Men	3:00pm Youth, Jr. Sr Women Pit 1	1:30pm <u>Long Jump</u> Jr. Sr. Master Men	
		3:00pm <u>Triple Jump</u> Jr. Sr. Master Men			
			<ul style="list-style-type: none"> • HJ Pit 1 is North Court • HJ Pit 2 is on Champ Court (South D) 		

Hurdles Specifications

HURDLE CHART - Junior Development Age Group (scissor hurdles)

Age / Gender	Distance	# H	Height	To 1st H	Between H's	Last H To Finish
9 M/F Tyke (BC)	60 m H	5	21"	12 metres	7.0 metres	20 metres
10 M/F Pee Wee	60 m H	5	24"	12 metres	7.0 metres	20 metres
11 M/F Pee Wee	60 m H	5	24"	12 metres	7.0 metres	20 metres
12 M/F Bantam	60 m H	5	27"	12 metres	7.0 metres	20 metres
13 F Bantam	60 m H	5	30"	12 metres	8.0 metres	16 metres
13 M Bantam	60 m H	5	30"	12 metres	8.0 metres	16 metres

HURDLE STANDARDS MIDGET - YOUTH - JUNIOR – SENIOR (weighted hurdles)

WOMEN						
	Distance	Height	# of H	→ First H	↔ H	H → Finish
Mid (14/15)	60m	0.762m	5	12.00m	8.00m	16.00m
Yth (16/17)	60m	0.762m	5	13.00m	8.50m	13.00m
Jnr (18/19)	60m	0.838m	5	13.00m	8.50m	13.00m
Snr (20-34)	60m	0.838m	5	13.00m	8.50m	13.00m

MEN						
	Distance	Height	# of H	→ First H	↔ H	H → Finish
Mid (14/15)	60m	0.840m	5	13.00m	8.50m	13.00m
Yth (16/17)	60m	0.914m	5	13.72m	9.14m	9.72m
Jnr (18/19)	60m	0.991m	5	13.72m	9.14m	9.72m
Snr (20-34)	60m	1.067m	5	13.72m	9.14m	9.72m

*Midget standards are from Ontario

Masters Indoor Hurdles

WOMEN						
Age Groups	Race Distance	Hurdle Height	Number of Hurdles	Distance To First	Distance Between	Distance To Finish
W35-39	60m	.840m (33")	5	13m	8.5m	13m
W40-49	60m	.762m (30")	5	12m	8m	16m
W50-59	60m	.762m (30")	5	12m	7m	20m
W60+	60m	.686m (27")	5	12m	7m	20m
MEN						
M35-49	60m	.991m (39")	5	13.72m	9.14m	9.72m
M50-59	60m	.914m (36")	5	13m	8.5m	13m
M60-69	60m	.840m (33")	5	12m	8m	16m
M70-79	60m	.762m (30")	5	12m	7m	20m
M80+	60m	.686m (27")	5	12m	7m	20m

THROWING EVENTS AND WEIGHTS

Male	SHOT PUT	WEIGHT		Female	SHOT PUT	WEIGHT
9 years	2 kg	N/A		9 years	2 kg	N/A
10-11 years	2 kg	N/A		10-11 years	2 kg	N/A
12-13 years	3 kg	N/A		12-13 years	3 kg	N/A
Midget (14-15)	4 kg	9.08 kg (20#)		Midget (14-15)	3 kg	7.26 kg (16#)
Youth (16-17)	5 kg	9.08 kg (20#)		Youth (16-17)	3 kg	7.26 kg (16#)
Junior (18-19)	6 kg	11.34 kg (25#)		Junior (18-19)	4 kg	9.08 kg (20#)
Senior (20-34)	7.26 kg	15.88 kg (35#)		Senior (20-34)	4 kg	9.08 kg (20#)
Masters						
Male	SHOT PUT	WEIGHT		Female	SHOT PUT	WEIGHT
35-49 years	7.26 kg	15.88 kg		35-49 years	4 kg	9.08 kg (20#)
50-59 years	6 kg	11.34 kg (25#)		50-59 years	3 kg	7.26 kg (16#)
60-69 years	5 kg	9.08 kg (20#)		60-74 years	3 kg	5.45 kg (12#)
70-79 years	4 kg	7.26 kg (16#)		75+ years	2 kg	4.00 kg (8.9#)
80+ years	3 kg	5.45 kg (12#)				