



2016 Van Ryswyk Invitational
2016 BC Masters Indoor Championships
Tentative Schedule



TRACK EVENTS

Friday Feb. 12

- 5:00 pm – 3000m – Masters M/ W
- 5:20 pm – 3000m Timed Finals (Yth – Senior Women)
- 5:35 pm – 3000m Timed Finals (Yth – Senior Men)
- 5:50 pm – 2000m Timed Finals (13-15 Girls)
- 5:50 pm – 2000m Timed Finals (13-15 Boys)
- 6:05 pm - 3000mRW (Youth - Masters M/W) – Minimum 3 athletes required **(enough Race Walkers must be registered by 11:59 pm, Feb. 8, 2016 for this event to be included)**

SATURDAY Feb. 13

SUNDAY Feb. 14

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

- 9:00 AM 60mH – Mast – 9 M/F Timed Finals
- 10:30 AM 800m Timed Finals
- 10:50 AM 600m Timed Finals
- 11:30 AM 200m Finals
- 12:30 PM 4 x 200m Timed Finals

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

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 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 Feb. 12 | | SATURDAY Feb. 13 | | SUNDAY Feb. 14 | |
|--|---|--|---|---|---|
| Pole Vault 4:00pm 13/Mid/Yth /Master – M/W | Wt Throw 4:30 pm Women 14 & older | Horiz. Jump 8:00am <u>Long Jump</u> 9-12 Girls | High Jump 8:30am 13-15 Boys, Master Men Pit 1 | Horiz. Jump | Shot Put 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 | | | |

- **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#) | | | | |