

2020 Van Ryswyk Invitational
2020 BC Masters Indoor Championships
FINAL Schedule Feb 25, 2020

TRACK EVENTS	
Friday, Feb. 28	
5:00 pm – 3000m Timed Finals – Masters M/ W	
5:25 pm – 3000m Timed Finals (U18 – Senior Men/Women)	
5:40 pm – 2000m Timed Finals (13- U16 Boys/Girls)	
5:55 pm - 3000mRW (U18 - Masters M/W) – Minimum 3 athletes required	
Saturday, Feb. 29	Sunday, Mar. 1
<p>9:20 AM Coaches Meeting at start line</p> <p>9:30 AM 60m Finals– Mast W</p> <p>9:45 AM 60m Final – Mast M</p> <p>10:10 AM 60m Finals– Sr M</p> <p>10:15 AM 60m Final - U18-U20 Men</p> <p>10:20 AM 60m Finals – U18-U20 W</p> <p>10:25 AM 60m Finals – U16 W</p> <p>10:30 AM 60m Finals – U16 M</p> <p>10:35 AM 60m Finals–9-13 M & W</p> <p>10:55 AM 1500m Finals-Mast-U18 W</p> <p>11:05 AM 1500m Finals - Mast M</p> <p>11:15 AM 1500m Finals-U18-Snr M</p> <p>11:20 PM 1200m Finals – W, M</p> <p>12:25 PM 1000m Finals – W, M</p> <p>12:15 PM LUNCH BREAK</p> <p>12:30 PM Track Rascal 60m (8 or under)</p> <p>12:45 PM 400m Finals–U18-Mast W/M</p> <p>1:25 PM 300m Finals-12-U16 W/M</p> <p>1:50 PM 4 x 100m Finals 4 x 400m (Masters)</p>	<p>9:00 AM 60mH – M/W Pent</p> <p>9:20 AM 60mH – Mast – 9 M/F Finals</p> <p>10:05 AM 800m Finals – 12-Mast M/W</p> <p>10:35 AM 600m Finals – 9-11 M/W</p> <p>10:45 AM 200m Finals – 11-Mast M/W</p> <p>12:05 PM LUNCH BREAK ON TRACK</p> <p>1:15 PM 1000m Pent M</p> <p>1:20 PM 800m Pent W</p> <p>1:30 PM 4 x 200m Relays 4 x 400m Relays</p>

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

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

- 9-12 (2008-2011) 60mH races will be run with 12m to first hurdle, 7m between hurdles, scissor hurdles, 9yrs-21” 10yrs.-24”, last H to finish-20m. 11Yrs & 12Yrs – 27”.
- 13 (2007) year old 60mH will be the same except 30” high, 8m between and 16m to finish line.
- Masters Indoor Pentathlon Male order: 60m Hurdles, Long Jump, Shot Put, High Jump, 1000m
- Masters Indoor Pentathlon Female order: 60m Hurdles, High Jump, Shot Put, Long Jump, 800m

FINAL SCHEDULE – Feb. 25, 2020

FIELD EVENTS

Friday, Feb. 28		Saturday, Feb. 29		Sunday, Mar. 1	
Pole Vault	Throws	Horiz. Jump	High Jump	Jumps	Shot Put
5:00 pm 13/U16/U18/Master – M/W	4:30 pm <u>Wt. Throw</u> Women U16 & older	8:00 am <u>Long Jump</u> 9-12 Girls	8:00 am 13-15 Boys, Master Men	8:30 am <u>Long Jump</u> U20/Sr. Master Women	8:00am U16/U18/U20/Sr Men
	5:15 pm Wt. Throw Men U16 & older	9:00 am <u>Triple Jump</u> U20/Sr. Master Women	9:30 am 9-12 Boys		9:00am 9-13 Girls
	6:45 pm Shot Put Master M/W	10:00 am <u>Long Jump</u> 13-15 Girls	10:15am U18/U20/Sr. Men	9:30 am <u>Long Jump</u> Pent M <u>High Jump</u> Pent W	9:45am 9-13 Boys
		10:30 am <u>Long Jump</u> 9-12 Boys		10:30 am <u>Triple Jump</u> 13,14,15 Girls & Boys U18 Men & Women	10:30am Pent M 11:15am Pent W
		11:30 pm <u>Long Jump</u> U18 Women	11:30 am 9-12 Girls	11:30 am <u>High Jump</u> Pent M	11:30am U16/U18/U20/Sr. Women
		12:00 pm <u>Long Jump</u> 13-15 Boys U18 Men	12:15 pm 13-15 Girls Master Women	12:00 pm <u>Long Jump</u> Pent W	
		1:00 pm Triple Jump U20/Sr./ Master Men	1:15pm U18/U20/Sr Women	12:30 pm <u>Long Jump</u> U20/Sr./ Master Men	