

# Van Ryswyk Invitational 2012

## Final Schedule

### TRACK EVENTS

#### SATURDAY

<b>9:30 AM</b>	60m Heats
<b>10:45AM</b>	Triathlon – 60m Girls
<b>11:00 AM</b>	1500m Timed Finals
<b>11:30 AM</b>	1200m Timed Finals
<b>11:45 AM</b>	60m Finals
<b>12:00 PM</b>	LUNCH BREAK
<b>1:00 PM</b>	1500mRW
<b>1:15 PM</b>	Triathlon – 60m Boys
<b>1:30 PM</b>	400m Timed Finals
<b>2:45 PM</b>	300m Timed Finals
<b>3:30 PM</b>	4 x 100m Timed Finals 4x200m Timed Finals

Girls Triathlon (SAT):

- #1: 8:00am – LJ
- #2: 10:45am – 60m
- #3: 12:30pm – HJ

Boys Triathlon (SAT):

- #1: 11:30am – LJ
- #2: 1:15pm – 60m
- #3: 2:00pm – HJ

#### SUNDAY

<b>8:30 AM</b>	Triathlon – 60mH Girls Triathlon – 60mH Boys
<b>9:00 AM</b>	200m Heats
<b>10:15 AM</b>	800m Timed Finals
<b>11:00 AM</b>	600m Finals
<b>11:30 AM</b>	200m Finals
<b>12:00 PM</b>	Triathlon – 200m Girls Triathlon – 200m Boys
<b>12:20 PM</b>	60m - Track Rascals
<b>12:30 PM</b>	2000m/3000m Timed Finals
<b>1:00 PM</b>	5000m Timed Finals
<b>1:30 PM</b>	Hurdles Timed Finals
<b>2:30 PM</b>	4 x 400m Timed Finals

Girls Triathlon (SUN):

- #1: 8:30am – 60mH
- #2: 9:30am – SP
- #3: 12:00pm – 200m

Boys Triathlon (SUN):

- #1: 8:30am – 60mH
- #2: 11:00am – SP
- #3: 12:00pm – 200m

Track Rascals (SUNDAY)

- 12:20pm – 60m
- 3:00pm – LJ
- 3:30pm – Ball Throw

### FIELD EVENTS

#### FRIDAY

Pole Vault	Weight Throw
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<b>5:00pm</b> All Men All Women	
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	<b>7:00 pm</b> Women 14 & older
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	<b>8:00 pm</b> Men 14 & older
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	Tri = Triathlon
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#### SATURDAY

Horizontal J.	High Jump
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<b>8:00am</b> <u>Long Jump</u> Triathlon 9,10,11 Girls	<b>8:30am</b> 14 Boys 15 Boys Master Men
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<b>9:00am</b> <u>Triple Jump</u> Jr. Sr. Women Master Women 14, 15 Girls	<b>9:30am</b> 12 Boys 13 Boys
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<b>10:00am</b> <u>Long Jump</u> 15 Girls <b>11:30 am</b> 9,10,11 Boys	<b>10:30am</b> Youth, Jr. Sr. Men <b>11:30 am</b> 12,13 Girls
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<b>12:30pm</b> <u>Long Jump</u> Youth Women	<b>12:30pm</b> Triathlon 9,10,11 Girls
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<b>2:00pm</b> <u>Long Jump</u> 12, 13 Boys	<b>2:00pm</b> Triathlon 9,10,11 Boys
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<b>3:00pm</b> <u>Long Jump</u> 12, 13, 14 Girls	<b>3:30pm</b> 14, 15 Girls Master Women
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<b>4:30pm</b> <u>Long Jump</u> 14,15 Boys Youth Men	<b>4:30pm</b> Youth, Jr. Sr. Women
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<b>5:30pm</b> <u>Triple Jump</u> Jr. Sr. Master Men	
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#### SUNDAY

Horizontal J.	Shot Put
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	<b>8:00am</b> 14 Boys 15 Boys Youth Men
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<b>9:00am</b> <u>Long Jump</u> Jr. Sr. Master Women	<b>9:30am</b> Triathlon 9,10,11 Girls
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<b>10:30am</b> <u>Triple Jump</u> 13,14,15 Girls Youth Women	<b>10:15am</b> 12,13 Girls <b>11:00 am</b> Triathlon 9,10,11 Boys
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<b>12:00 pm</b> <u>Triple Jump</u> 13,14,15 Boys Youth Men	<b>11:45am</b> 12 Boys 13 Boys
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<b>1:30pm</b> <u>Long Jump</u> Jr. Sr. Master Men	<b>1:00pm</b> Jr. Sr. Master Men
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<b>3:00 pm</b> <u>Long Jump</u> Track Rascals	<b>2:00pm</b> Youth Jr. Sr. Master Women
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	<b>3:00pm</b> 14 Girls 15 Girls
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	<b>3:30</b> <b>Ball Throw</b> Track Rascals
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**Track events (except hurdles) will run in the following order:** Alternating females then males from oldest to youngest

**Hurdle races will be run in the following order:** Masters M, Masters W, Sr. M – 14M, Sr. W – 14W, 13M, 13W, 12M, 12W, 11M, 11W, 10M, 10W, 9M, 9W

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

Triathlon 60 m H races will be run with 11m to first hurdle, 6.5m between hurdles, scissor hurdles, 9yrs-21” 10/11yrs.-24”, last H to finish-16.5m, no blocks