

THE FOLLOWING TRACK MEETS WILL BE HELD AT RINGWOOD HIGH SCHOOL IN THE SPRING-2015

1. Thursday, April 9th. Ringwood Junior High (7-8)

Entry Fee: \$60 per team (\$120 for girls and boys) - \$10 per individual for three or less.
Classes A-2A only. Starting @ 10:00. Coaches meeting at 9:30. Lunch provided

2. Thursday, April 16th. Ringwood 8-man Meet

Entry Fee: \$75 per team (\$150 for girls and boys)- \$10 per individual for three or less. ***
8-man schools only*** Starting @ 10:00. Coaches meeting at 9:30. Lunch provided.

3. Saturday, April 25th. Ringwood Invitational

Entry Fee: \$75 per team (\$150 for girls and boys)- \$10 per individual for three or less.
Classes A-2A only. Starting @ 10:00. Coaches meeting at 9:30. Lunch provided.

4. Wednesday, April 1st. Ringwood Grade School Invitational

Entry Fee: \$50 per team (\$100 for girls and boys) Classes A-2A only. Starting @ 9:30.
Coaches meeting at 9:00. Lunch provided.

--Individual medals will be awarded to the first three places in each event. Championship and runner-up plaques will be awarded in each division. At the grade school meet, ribbons will be awarded for 4th, 5th, and 6th.

--Contestants in all events must wear ¼ in. or less spikes. The shot and the discus will be thrown from concrete pads. --All running events will be heated on the field according to times provided by participants. Blocks will be furnished by Ringwood High School.

--Participation is limited to 3 contestants from each school except in the Grade School Meet where the limit will be 5.

For further information or to be notified in case of inclement weather-- call, text, or email Jan Swart (HS track coach) or Mike Felder. Notification of your school name and which meets you will be attending. Good luck this season and we hope to see you at Ringwood.

Mike Felder, Athletic Director

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Jan Swart, HS Track Coach

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