

Ringwood 5th and 6th Track Meet Schedules of Events

9:00 Coaches Meeting

9:30 Field Events

10:00 Running Events (timed finals)

10:00 Field Events: Each contestant will be awarded (3) attempts in the long jump, shot put, and discus.

Shot Put	Girls
Discus	Boys
High Jump	Girls
Long Jump	Boys (north)
Long Jump	Girls (south)

Shot Put	Boys
Discus	Girls
High Jump	Boys

10:30 Running Events

400 Relay	Girls-Boys
100 Low Hurdles	Girls-Boys
800 Relay	Girls-Boys
800 Run	Girls-Boys
100 Dash	Girls-Boys

BREAK

400 Dash	Girls-Boys
200 Dash	Girls-Boys
1600 Run	Girls-Boys
1600 Relay	Girls-Boys