

**Ringwood Junior High Track Meet
April 9, 2015**

COACHES MEETING @ 9:30AM IN THE FIELD HOUSE

FIELD EVENTS: @ 10:00am

Shot Put:	Boys, Girls (Three throws no finals)
Discus:	Girls, Boys (Three throws no finals)
High Jump:	Girls, Boys
Long Jump:	Boys, Girls (Three jumps no finals)
Pole Vault:	Girls, Boys

TIMED FINALS: @ 10:30am

3200M Relay	Girls/Boys
100m Hurdles 30ö	Girls
110m Hurdles 33ö	Boys
400m Relay	Girls/Boys
800m Run	Girls/Boys
800m Relay	Girls/Boys
100m Dash	Girls/Boys

BREAK

400m Dash	Girls/Boys
300m Hurdles 30ö	Girls/Boys
200m Dash	Girls/Boys
1600m Run	Girls/Boys
1600m Relay	Girls/Boys