

Ringwood 8-Man Track Meet
April 16th, 2015

Coaches Meeting @ 9:30am Fieldhouse

FIELD EVENTS: Start @ 10:00am

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

TIMED FINALS: Start @ 10:30am

400m Relay Girls, Boys
3200m Relay Girls, Boys
100m Hurdles 33ö Girls,
110m Hurdles 39ö Boys
3200m Run Girls, Boys
800m Relay Girls, Boys
800m Run Girls, Boys
100m Dash Girls, Boys

BREAK

Fat Manø Relay

400m Dash Girls, Boys
300m Hurdles 30ö Girls
300m Hurdles 36ö Boys
200m Dash Girls, Boys
1600m Run Girls, Boys
1600m Relay Girls,Boys