

Ringwood Red Devils 2016 Track Meets

March 30	Wednesday	5 th & 6 th Grade Track Meet
April 7 th	Thursday	Jr. High (7 th & 8 th) Track Meet
April 14 th	Thursday	8-Man Track Meet (only 8-man playing schools)
April 23 rd	Saturday	Ringwood Invitational Track Meet (2A schools and below)

Limitations: Each contestant is limited to four events, including relays.

Each school is limited to three entrants in each event and one team in each relay.

You may enter five for the 5th and 6th meet.

Four throws will be allowed in the shot and discus and 4 attempts in the long jump.

No finals.

Pole Vault for JH and HS. High Jump for all levels.

Awards: Medals will be given to the top five (5) places in each event.

Team Points: 10-8-6-4-2-1, with double points awarded for relays.

Equipment: We have a 8-lane Asphalt Track and we use an automatic timing system.

We request that only short spikes (1/4) or flat shoes are worn on this surface.

Ringwood will furnish all starting blocks.

A Concession Stand will be in operation throughout the meet and all participants

Must keep their tents on the outside of the fence.

If you have any questions please call Mike Felder at (580) 603-1650 or Ringwood High School at (580) 883-2201

Please call and give your phone number if you are planning to attend, or text

Mike Felder. We will call those schools if bad weather forces cancellation.

Ringwood 5th and 6th Track Meet
Schedules of Events
March 30th, 2016

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