

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 8-Man Track Meet
April 14th, 2016

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