

RINGWOOD TRACK MEETS – 2017

Wednesday, March 29, 2017 – 5th and 6th Boys and Girls. (For Schools who participate in Class A-2A in HS Track) \$50 per division. Individual fees are \$10 per athlete. 5 entries allowed per event. **TIMED FINALS.**

Thursday, April 6, 2017 7th and 8th Girls and Boys (For schools who participate in Class A-2A in HS Track) \$60 per division. Individual fees are \$10 per athlete. **TIMED FINALS.**

Thursday, April 13, 2017. HS 8-man Meet. (Only schools who participate in 8-man football are eligible to attend.) \$75 per division. Individual fees are \$15 per athlete. **TIMED FINALS.**

Saturday, April 22, 2017. HS Invitational Meet. (For schools who participate in Class A-2A in HS Track) \$85 per division. Individual fees are \$20 per athlete. **PRELIMINARIES AND FINALS.**

TIME: Coaches Meeting: **9:00 a.m.**
 Field Events begin: **9:15 a.m.**
 Running Events begin: **9:45 a.m.**

LIMITATIONS: A team consists of 4 or more athletes.
 Each contestant is limited to 4 events, including relays.
 Each school is limited to 3 entrants in each event and 1 team in each relay.
 (5 entrants are allowed in the 5th/6th grade meet.)
 4 throws will be allowed in the shot and discus. No finals in the TIMED FINALS meets.
 4 attempts in the long jump. No finals in the TIMED FINALS meets.
 High jump in all levels.
 Pole vault in 7th/8th grade and HS meets.

AWARDS: Medals will be awarded to the top five (5) places in each event. No team trophies.

TEAM POINTS: 10-8-6-4-2-1. Double points awarded in relays.

EQUIPMENT: 8-lane polyurethane track. Automatic timing system. Please use only short (1/4 inch) spikes or flat shoes on track surface. Ringwood will provide starting blocks.

A Concession Stand will be in operation throughout all of the meets. Participants are asked to keep tents on the outside of the track fence. Please no chairs or blankets on the infield.

Please call Ringwood High School with questions. Please direct questions