

## Ringwood Track Meets-2019

**Monday, April 1, 2018**- 5<sup>th</sup> and 6<sup>th</sup> 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 4, 2019**- 7<sup>th</sup> and 8<sup>th</sup> 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 11, 2019** 8-Man Meet ( 8-Man Football Schools Only)  
\$85 per division. Individual fees are \$20 per athlete. **TIMED FINALS.**

**Saturday, April 20, 2019.**- 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 5<sup>th</sup>/6<sup>th</sup> grade meet.)  
                                    4 throws will be allowed in the shot and discus.  
                                    No finals for TIMED FINALS meets.  
                                    High jump in all levels.  
                                    Pole vault in 7<sup>th</sup>/8<sup>th</sup> 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.

FOOD:                      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 to Principal James Worley or Coach Brie Foster.