

## Ringwood Track Meets-2021

**Thursday, April 8, 2021**- 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 15, 2021** 8-Man Meet ( 8-Man Football Schools Only)  
\$85 per division. Individual fees are \$20 per athlete. **TIMED FINALS.**

**Saturday, April 24, 2021.**- HS Invitational Meet. (For schools who participate in Class A-2A in HS Track) \$85 per division. Individual fees are \$20 per athlete.

**Tuesday, May 4th, 2021**- 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.**

### 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.  
**PLEASE NO TAPE ON TRACK!**

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 or email Ringwood High School with questions. Please direct questions to Principal James Worley ([jworley@ringwood.k12.ok.us](mailto:jworley@ringwood.k12.ok.us)) or Coach Brie Foster ([bfoster@ringwood.k12.ok.us](mailto:bfoster@ringwood.k12.ok.us)).

**Ringwood  
JH Track  
4/8/2021**

**Schedule of Events:**

**9:00 am**                    **Coaches Meeting (field house)**

**9:15 am**                    **Field Events Start**  
Pole Vault-Boys, Girls  
Long Jump- Boys, Girls  
High Jump-Girls, Boys  
Disc- Boys, Girls  
Shot Put-Girls, Boys

**9:45 am**                    **Running Events Start**  
400 M Relay  
3200 M Relay  
100 M Hurdles  
110 M Hurdles  
800 M Relay  
800 M Run  
100 M Dash  
---Short Break---  
400 M Dash  
300 M Hurdles  
200 M Dash  
1600 M Run  
1600 M Relay