

Ringwood Track Meets-2021

Thursday, April 8, 2021- 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 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- 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.**

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 for 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.
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) or Coach Brie Foster (bfoster@ringwood.k12.ok.us).

Ringwood Invitational
HS Track
4/24/2021

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---Prelims**
400 M Relay
3200 M Relay **(Final)**
100 M Hurdles
110 M Hurdles
100 M Dash
3200 M Run (Boys) **(Final)**
800 M Relay **(Final)**
3200 M Run (Girls) **(Final)**
200 M Dash
---Short Break---
Finals Start
400 M Relay
800 M Run
100 M Hurdles
110 M Hurdles
100 M Dash
400 M Dash
300 M Hurdles
200 M Dash
1600 M Run
1600 M Relay