

Ringwood Track Meet 2022

Wednesday, April 6th, 2022- Elem. Meet: 5th & 6th Girls & Boys

Class 2A and Below Schools Only

\$50 per division. Individual fees are \$10 per athlete.

5 entries allowed per event.

TIMED FINALS

Thursday, April 7th, 2022 JH Meet: 7th & 8th Girls & Boys

Class 2A and Below School Only

\$60 per division. Individual fees are \$10 per athlete

TIMED FINALS

Thursday, April 14th, 2022 8-Man Meet: HS Only

8-Man Football Schools Only

\$85 per division. Individual fees are \$20 per athlete

TIMED FINALS

Saturday, April 23rd, 2022 HS Invitational: HS Only

Class 2A and Below Schools Only

\$85 per division. Individual fees are \$20 per athlete

PRELIMINARIES AND FINALS

Time: Coaches Meeting: 9:00 a.m.
Field Events: 9:15 a.m.
Running Events: 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 ¼ inch spikes or flat shoes on track surface. Ringwood will provide starting blocks.

PLEASE NO TAPE ON TRACK!

Food: Concession will be available. 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 Schools for questions

James Worley

Principal/AD

jworley@ringwood.k12.ok.us

580-883-2400

Brandon Bittner

Track Coach

bbittner@ringwood.k12.ok.us

**Ringwood Track
5th & 6th Track Meet**

Schedule of Events:

9:00 a.m. Coaches Meeting (fieldhouse)

9:15 a.m. Field Events Start
Long Jump-Boys, Girls
High Jump- Girls, Boys
Disc- Boys, Girls
Shot- Girls, Boys

9:45 a.m. Running Events Start
400 M Relay
100 M Hurdles
800 M Relay
800 Run
100 Dash
--Short Break--
400 M Dash
200 M Dash
1600 M Run
1600 M Relay

**Ringwood Track
7th & 8th Track Meet**

Schedule of Events:

9:00 a.m. Coaches Meeting (fieldhouse)

9:15 a.m. Field Events Start
Pole Vault- Boys, Girls
Long Jump-Boys, Girls
High Jump- Girls, Boys
Disc- Boys, Girls
Shot- Girls, Boys

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

Ringwood Track 8-Man Track Meet

Schedule of Events:

9:00 a.m. Coaches Meeting (fieldhouse)

9:15 a.m. Field Events Start
Pole Vault- Boys, Girls
Long Jump-Boys, Girls
High Jump- Girls, Boys
Disc- Boys, Girls
Shot- Girls, Boys

9:45 a.m. Running Events Start
400 M Relay
3200 M Relay
100 M Hurdles
110 M Hurdles
3200 M Run (Boys)
800 M Relay
800 Run
100 Dash
--Short Break--
3200 M Run (Girls)
400 M Dash
300 M Hurdles
200 M Dash
1600 M Run
1600 M Relay

Ringwood Track HS Invitational Track Meet

Schedule of Events:

9:00 a.m. Coaches Meeting (fieldhouse)

9:15 a.m. Field Events Start
Pole Vault- Boys, Girls
Long Jump-Boys, Girls
High Jump- Girls, Boys
Disc- Boys, Girls
Shot- Girls, Boys

9:45 a.m. Running Events Start
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**)
200 Dash
--Short Break--
400 M Relay
800 M Run
100 M Hurdles
110 M Hurdles
100 M Dash
400 M Dash
300 M Hurdles
200 M Hurdles
1600 M Run
1600 M Relay