

Ringwood Track Meets 2023

Wednesday, April 5th, 2023- Elem. Meet: 5th & 6th Girls & Boys

Class 2A and Below Schools Only

\$65 per division. Individual fees are \$15 per athlete.

5 entries allowed per event.

TIMED FINALS

Thursday, April 6th, 2023 JH Meet: 7th & 8th Girls & Boys

Class 2A and Below School Only

\$75 per division. Individual fees are \$15 per athlete

TIMED FINALS

Thursday, April 13th, 2023 8-Man Meet: HS Only

8-Man Football Schools Only

\$100 per division. Individual fees are \$20 per athlete

TIMED FINALS

Saturday, April 22nd, 2023 HS Invitational: HS Only

Class 2A and Below Schools Only

\$100 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 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

Amanda Stinnett/AD

astinnett@ringwood.k12.ok.us

580-883-2421 or cell 580-231-0204

Eric Bradley/Track Coach

ebradley@ringwood.k12.ok.us

580-883-2425

5th and 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 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 & Man HS

9:00 a.m. Coaches Meeting (Field House)

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

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