

Ringwood Track Meet 2025

PLEASE REGISTER ON ATHLETIC.NET

**We will not accept teams who have not registered through this system. **

Wednesday, April 2nd, 2024- Elementary Meet: 5th & 6th Girls & Boys

Class 2A and Below Schools Only

\$55 per division. Individual fees are \$15 per athlete.

5 entries allowed per event.

TIMED FINALS

Thursday, April 3rd, 2024-JH Meet: 7th & 8th Girls & Boys

Class 2A and Below School Only

\$65 per division. Individual fees are \$10 per athlete

TIMED FINALS

Thursday, April 9th, 2024- Elementary Meet: 5th & 6th Girls & Boys

Class 2A and Below Schools Only

\$55 per division. Individual fees are \$15 per athlete.

5 entries allowed per event.

TIMED FINALS

Breakfast and Lunch will be provided for coaches in the Gymnasium

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 unless otherwise discussed with Coach Stinnett or Coach Bradley)

-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

Awards: *Medals will be awarded to the top five places for Elementary and the top three places for JH 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

eb Bradley@ringwood.k12.ok.us

5th and 6th Track Meet

580-883-2425

Schedule of Events

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

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 8 man HS

Schedule of Events:

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

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