

# **Ridgway Middle School Invite Schedule**

Saturday, April 11

9:00am - Coaches Meeting at the start/finish line

## **Field Events**

|        |                           |                              |
|--------|---------------------------|------------------------------|
| 9:30am | Boys: Discus<br>High Jump | Girls: Shot Put<br>Long Jump |
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|          |                             |                            |
|----------|-----------------------------|----------------------------|
| ~11:30am | Boys: Shot Put<br>Long Jump | Girls: Discus<br>High Jump |
|----------|-----------------------------|----------------------------|

- 7th and 8th will be mixed in flights, but scored separately
- 7th girls high jump will start at 3'8" and 8th grade girls will join in at 3'10"
- 7th boys high jump will start at 4'0" and 8th grade boys will join in at 4'2"
- For discus, shotput, and long jump. Each athlete will be given three tries and their highest try scores. 7th and 8th will compete together but be scored differently.

## **Running Events**

9:30am Begins the rolling schedule of events

\*\*Order goes 7th grade girls, 7th grade boys, 8th grade girls, 8th grade boys

- 100 M Low Hurdles = 5 hurdles
- 100 M Dash = Lanes all the way
- 1600 M Run = Super Waterfall start; may combine 7th & 8th if numbers are low
- 4x100 M Relay = Lanes all the way; may combine 7th & 8th if numbers are low
- 400 M Dash = Lanes all the way
- 4x200 M Relay = Lanes all the way; may combine 7th & 8th if numbers are low
- 800 M Run = Super Waterfall start; may combine 7th & 8th if numbers are low
- 200 M Dash = Lanes all the way
- 800 M Sprint Medley
  - 100 and 200 lanes all the way; 400 cut when clear

## **Reminders**

- 3 entries per event per division
- 2 entries per relay per division
- 1 entry per division for medley
- 5 entries per field event per division
- 800 and 1600 M unlimited entries