

San Juan Basin League Middle School Meet

Ridgway Secondary School
1200 Green St., Ridgway, CO

Friday, April 24, 2026

Coaches meeting at 11am. Events at 11:30am



PLEASE be sure to use your state-assigned school name, and identify your athlete's year-in-school (use 6, 7, 8), and make sure your athlete's names stay consistent for every meet when you enter data onto the Colorado Milesplit website.

MEET RULES AND REGULATIONS

1. Registration closes at 10pm on Thursday, April 23
2. The entry fee is \$200 per school or \$15/Athlete.
3. Please mail your entry fee to:

Shawnn Row - Athletic Director
Ridgway High School
1200 Green St., Ridgway, CO 81432
Attn: Ridgway Invitational
4. Heats and flights will be seeded from entry information.
5. There will be one division mixed between 6th, 7th, 8th grades. Unlimited entries except two relay teams for each event for each school. A school can only score three people per event.
6. For discus, shotput, and long jump. Each athlete will be given three tries and their highest try scores. Field events will have 90 minutes to complete so athletes can get their tries in as quick as they want.
7. All races on the track will be finals with the top eight placing.
8. All hurdles will be set to 30" Standard 100m hurdles with 10 hurdles.
9. 7th girls high jump will start at 3'8" and 8th grade girls will join in at 3'10"
10. 7th boys high jump will start at 4'0" and 8th grade boys will join in at 4'2"
11. Girls and boys will use an 8lb shot put and 1kg discus.
12. 4x100 and 4x200 meter relays will be run in lanes all the way.
800 Sprint Medley Relay 100 and 200 lanes all the way; 400 cut when clear.

13. Coaches, your help with the following items will be greatly appreciated:
 - contestants are to enter the track at the North gate (near 100 m start)
 - infield is for athletes warming up, not hanging out to watch events
 - do not cross runways or jump pits
 - only 3/16" spikes will be allowed on the track
 - Hurdles help is greatly appreciated for a smooth meet
 - NON-COMPETITORS will not be allowed on the infield; coaches, fans, and those athletes not warming up must remain in the stands/hillside
 - Coaches please make sure that you have emphasized the uniform rules with your team.
 - Team tents can be set in the grass on top of the hill or below the hill on the side closest to the school

14. Coaches meeting at 11am at the start/finish line.

15. Coaches, remind your athletes that earbuds/airpods and cell phones are illegal in the competition area and grounds for immediate disqualification.

16. GATE Admission – Adults \$5, Seniors/Military \$3, students/kids free