

Girls Indoor Track :

1.) Injury Fund Relay Carnival: divided by divisions in 2 meets (Bayha /Dwyer and Sullivan /Headley)
Track events (in order) Sprint Medley(200,200, 400,800), 4x800, Shuttle Hurdle relay (30-33-30-33),
4x200, Distance Medley (1200,400,800,1600), 4x400
Field events : Long Jump (only 3 athletes), High Jump (4 athletes - open at 4'0 then 4'4 up 2), Shot Put
(4 athletes), Weight Throw (4 athletes) ** Incomplete teams can score. ex.- 2 jumpers
Awards: top 6 in each event =ribbons, top 2 teams plaques / Limitations = athletes can do any 3 events
Sign up that day at site / have index cards filled out w/ school, athletes, event, seed.

2.) JV meets : alternate w/ boys on time (either noon start or 4pm start) No recorded times **coaches must help to officiate** , no 3K / In January we will offer 200, 400, and 800 also. No awards

3.) JV state meet: No one in the top 18 on the performance list can compete in **any** event. No restrictions due to grade or event. * Alternates for the varsity state meet can compete if they are still alternates / Same restrictions as varsity state meet, any 4 events but no freshmen (on relays ok) / No blocks in 300, finals in all field events , 8 to finals, min marks -shot -22/ weight -25 / HJ -4'0 /LJ -11'0
Awards – top 6 medals / top 2 team plaques (Hytek-look for file)

4.) Freshmen State Meet : open to all 9th grade girls on RIIL teams . Same rules as the Varsity state meet, any 4 events, no min marks / HJ opens at 4'0 / finals in all and 8 to all finals / blocks in all spr
Awards – top 6 medals / top 2 team plaques (Hytek-look for file)

5.) Division Championships: 2 divisions run together. = 2 meets . Separate races on most some are combined (4x8, HJ, and some unseeded sections are combined). State meet order w/ 8 to all finals. Same limits as state meet **BUT only 4** athletes per school per event. Top 6=awards. Min marks – HJ 4'2, shot 22, weight 25, LJ 13 (1st legal mark is measured) - seed for events **must** be from the list and not from non-list meets (ie..JV, out of state, etc..). If no legit seed time then put none and athlete will compete in the unseeded.

(Hytek-look for file)

6.) The Headley Meet (aka The Last Chance Meet) : open to all girls on RIIL teams . State meet order and state meet rules (***)No limit on athletes....you can enter 14 runners in the 1500 / one relay per school per event...**in past we did "B" relays..no more**) all athletes need seeds/ can be from any meets or coach's best estimate. No awards, no team score

Entry standards. (bear in mind this a qualifier for div, class and state meets and should be treated like one...do not enter people who have no chance. The standard is there as a mark)

3000m – 13:00, 1500-6:30, 1000-4:00, 600 – 2:08, 300-52.0, 55HH-11.0, 55 Dash-8.20, LJ-13, Shot – 22, weight – 25, HJ-4'4

(Hytek-look for file)

7.) The RITCA Invitational : a co-ed RITCA sponsored event: restrictions - state meet rules apply, as well as state meet order of events. **however – limit of 4 athletes per event per school!. Standards for entry are listed here.(Please show restraint when entering athletes...this is a time sensitive meet)

Field- LJ-13'0, shot- 25'0, weight-27, HJ- 4'4(opens) / running - 1 relay per school (as state meet limits!)

55HH-11.0, 55D- 8.3, 300- 49.5, 600- 2:07, 1000- 3:45, 1500- 6:00, 3000- 12:30

(Hytek-look for file)