

RITCA Coaches Invitational 2011 (December 17, 2011)

General Info

Meet is on Saturday Dec. 17th ..starts at noon / Meet is co-ed./ Use good judgment when entering an athlete due to time restraints Limit is 4 events (State meet rules apply...consult your rule book), **4 athletes per event, per school, per gender**, NO "B" relays, Standards are posted below to get in meet.

Jane will be sending out the girls file and Charlie the boys...entries are due the week of Dec17....date is up to the Hytek operator (They cannot request it before Tuesday Dec 13th)..

Order of Events

Event standards (Boys, Girls)

Only throws & jumps that make the standard will be marked

| | | |
|---------|---------------------------------|-----------------|
| 12:00PM | Weight (Girls followed by Boys) | (45 ' / 27'0) |
| | Shot (Boys followed by Girls) | (37' / 25'0) |
| | HJ (Girls followed by Boys) | (5 '4 /4'4) |
| | LJ (Boys followed by Girls) | (17'0 / 13'0) |
| | 4 x 800 Relay | (Open) |
| | 4 x 200 lap Relay | (Open) |
| | 3000 Meters | (10:00 /12:30) |
| | 55 Hurdle Trials | (8.7 /11.0) |
| | 55 Dash Trials | (7.3 / 8.3) |
| | 1500 Unseeded | (4:45 /6:00) |
| | 55 Hurdle Semi (if needed) | |
| | 55 Dash Semi (if needed) | |
| | 1500 Seeded | |
| | Hurdle Finals | |
| | Dash Finals | |
| | 600 Sections | (1:34 / 2:07) |
| | 300 Sections | (42.0 /49.5) |
| | 1000 Sections | (2:58 /3:42) |
| | 4 x 400 Relay | (Open) |

Girls will run first, with exception of the Hurdle Semis
Slower sections will run first