

RITCA Indoor Track

RUIL rules will apply to all RITCA events except where noted.

Relays:

- Schools will be divided into 2 meets by school size.
- Competing schools will meet the participation requirement of the Injury Fund.
- Schools are limited to 1 team per event.
- Participation limits will follow RUIL limitations
- Field event and hurdles will be 3 man teams.
- Schools may enter fewer than 3 athletes in a field event. Teams of less than 3 competitors can not score team points
- High jump opening height will be 4'6. The next height will be 5'. The bar will then advance 2" per height until completion.
- The order of events will be: Shot / Weight / High Jump
Shuttle Hurdles, 4x880,
Sprint Medley(2.5,1.5,1.5, 5.5 laps)
4x440, Distance Medley(8,3,5,11 Laps)
4x1 lap

CCRI/RITCA Invite:

- Athletes may be entered in a maximum of 2 events.
- Schools are limited to 3 entrants per event.
- Entries must be submitted no later than the scheduled due date using Team Manager.
- "A" relays only may be entered.
- Performances will count towards Division / Class / State qualification.
- State Meet order will be followed.

Division Championships:

- All athletes must meet published qualification standards.
- Each school may enter 1 athlete in 1 event as an at-large entrant. At-large entrants will be entered with no seed performances. To be eligible as an at-large, the athlete must appear on the school RUIL eligibility list no later than the date of the second RUIL scheduled dual meet.
- Entries must be submitted no later than the scheduled due date using Team Manager.
- State Meet order will be followed.
- Schools may enter a maximum of 4 athletes per event and "A" relays only.
- The weight throw event will be limited to the top 12 competitors entered according to RUIL rankings. (Schools may not use their at-large entry in the weight throw.)

Freshman States:

- Any 9th grader on a schools RIIL eligibility list can compete.
- State Meet order will be followed
- RIIL participation rules will be followed.
- “A” relays only
- Entries must be submitted no later than the scheduled due date using Team Manager.

JV State Meet:

- Any athlete listed on a school’s RIIL eligibility list who has not been accepted to an individual event in the Varsity State Meet is eligible to compete.
- Alternates to the Varsity State Meet are eligible to compete at the JV Meet.
- Athletes entered in relay event(s) only at the Varsity State Meet are eligible for individual events at the JV State Meet. Such athletes are not eligible to compete in relay events at the JV State Meet.
- Entries must be submitted no later than the scheduled due date using Team Manager.
- State Meet order will be followed