

## RITCA Information - Girls Indoor Track : revised 10/26/14 - Effective for 2014-2015 season

**1.) JV meets** : Fee – see RITCA invoice (or talk to John Menna, RITCA Treasurer), Most events contested - no 3K, regular meet order so 4x2 is 1<sup>st</sup>. No recorded times on oval events. **Coaches must officiate** / In January we will offer 200, 400, and 800 also if time permits . No awards

**2.) JV state meet:** No one in the **top 14** on the performance list can compete in any event. \*\*\* an athlete # 15-18 on list can have a choice... BUT an athlete is allowed to compete at only 1 state meet...varsity or JV...relays are exempt!! No restrictions due to grade or event. But 9<sup>th</sup> graders will be allowed to compete but in only 1 field and 1 track event.. ex Jill does shot, 55, 4x2 , and 4x4= ok / so your 9<sup>th</sup> grader shot /weight girl can only do one of these evnts. \* Alternates for the varsity state meet can compete if they are still alternates / Same restrictions as varsity state meet, any 4 events / finals in all field events , 8 to finals, min marks -shot -22/ weight -25 / HJ -4'0 / LJ -11'0 \*\* 1<sup>st</sup> legal mark will be measured Awards – top 6 medals / top 2 team plaques (Hytek-look for file)

**3.) Freshmen State Meet** : open to all 9<sup>th</sup> 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 \*\*\* **will be run as a coed meet w/ boys in 2015** (Hytek-look for file)

**4.) 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 (1<sup>st</sup> 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)

**5.) The Headley 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... all athletes need seeds/ can be from any meets or coach's best estimate. No awards, no team score : **Strict Entry standards** – will be sent out on info flyer after start of season. Contact Norm B. for info sheet [RunNorm@aol.com](mailto:RunNorm@aol.com).(Hytek-look for file)

**6.) 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!. Info sheet will be sent out at start of season by RITCA director again contact person (Girls) Norm B. [RunNorm@aol.com](mailto:RunNorm@aol.com) (Hytek-look for file)

**7.)Injury Fund Relay Carnival:** divided by divisions in 2 meets ( Bayha /Dwyer and Sullivan /Headley)  
Track events (in order)#1- Sprint Medley(200,200, 400,800), #2-4x800, #3- Shuttle Hurdle relay (30-33-30-33), #4- 4x200, #5- Distance Medley (1200,400,800,1600), #6 - 4x400

Field events : **max of athletes is 3**!! Long Jump , High Jump-open at 4'0 then 4'4 up 2, Shot Put , Weight Throw  
\*\* 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. \*\* Need to put a seed time down, seeded heat will run 1st

\*\*Relays (4x8, 4x4, and 4x2 ) times count towards states.. no other events do