

RIDGEWOOD WINTER GAMES at RCC

Rockland Community College, Suffern, New York

Wednesday, January 10, 2018 4:30pm

(HJ, TJ, LJ revised)

ORDER OF EVENTS:

4:30 Track Events

1. Varsity Boys 3200m run
2. Varsity Girls 3200m run
3. Frosh Boys 600 yard run
4. Frosh Girls 600 yard run
5. Novice Boys 600 yard run
6. Novice Girls 600 yard run
7. Varsity Boys 600 yard run
8. Varsity Girls 600 yard run
9. Varsity Boys 4X800 m relay
10. Varsity Girls 4X800 m relay
11. Frosh Boys 300 yard run
12. Frosh Girls 300 yard run
13. Novice Boys 300 yard run
14. Novice Girls 300 yard run
15. Varsity Boys 300 yard run
16. Varsity Girls 300 yard run
17. Varsity Boys 1000 yards
18. Varsity Girls 1000 yards
19. Frosh Boys 1600m run
20. Frosh Girls 1600m run
21. Novice Boys 1600m run
22. Novice Girls 1600m run
23. Varsity Boys 1600m run
24. Varsity Girls 1600m run
25. Frosh Boys 4X400m relay
26. Frosh Girls 4x400m relay
27. Novice Boys 4X400m relay
28. Novice Girls 4X400m relay
29. Varsity Boys 4X400m relay
30. Varsity Girls 4X400m relay

4:30 Sprints/Hurdles – Infield

1. Frosh Girls HH – Trials
2. Novice Girls HH - Trials
3. Varsity Girls HH – Trials
4. Frosh Girls HH – Finals
5. Novice Girls HH - Finals
6. Varsity Girls HH – Finals
7. Frosh Boys 55 Dash – Trials
8. Novice Boys 55 Dash - Trials
9. Varsity Boys 55 Dash – Trials
10. Frosh Boys 55 Dash – Finals
11. Novice Boys 55 Dash - Finals
12. Varsity Boys 55 Dash - Finals
13. Frosh Boys HH – Trials
14. Novice Boys HH - Trials
15. Varsity Boys HH – Trials
16. Frosh Boys HH – Finals
17. Novice Boys HH - Finals
18. Varsity Boys HH – Finals
19. Frosh Girls 55 Dash – Trials
20. Novice Girls 55 Dash - Trials
21. Varsity Girls 55 Dash – Trials
22. Frosh Girls 55 Dash – Finals
23. Novice Girls 55 Dash - Finals
24. Varsity Girls 55 Dash - Finals

4:30pm Field Events

Shot Put : Girls Frosh, Novice, and Varsity will throw first. Boys to follow. If entry warrants a 2nd circle will be added for the boys and they will start around 5pm.

High Jump: **Girls Jump first**: Frosh, Novice, Varsity together: Girls open at 4', 4'3", & 4'6". **Then Boys Jump**: Frosh, Novice, Varsity together: Boys open at 4'6", 4'9" & 5'3".

Pole Vault: Frosh Boys open at 7', Girls open at 8', and Varsity Boys open at 10'

Long Jump/Triple Jump: we will have **Two** pits.

Pit 1:

Girls Varsity LJ – 3 jumps – no finals, then Boys Varsity LJ – 3 jumps no finals, then Frosh Boys & Girls LJ – 3 jumps.

Pit 2:

Boys Varsity TJ – 3 jumps – no finals, then Girls Varsity TJ – 3 jumps no finals, then Frosh Boys & Girls TJ – 3 jumps.

Awards:

Ridgewood Winter Games medal to top 5 places.

Results:

Posted on www.jacobbrown.com during the meet. Will be sent to mile split at the conclusion of the meet.