

2016 - Ridgewood Spring Track Competition Schedule

3/15	Tues.	Run-a-thon and Equipment Day	Ridgewood	V, JV, F
4/2	Sat.	Pawlowsky Relays	Ridgewood	V, JV, F
4/4	Mon.	Indian Hills	Ridgewood	V, JV, F
4/8-9	Fri./Sat.	Arcadia Invitational	Arcadia California	Selected V
4/9	Sat.	Comet Relays	Hackensack	V, JV, F
4/11	Mon.	Northern Highlands	Ridgewood	V, JV, F
4/14	Thurs.	River Dell/? Frosh/Novice	Ridgewood?	JV, F
4/18	Mon.	Paramus and Ramapo	Ramapo	V, JV, F
4/20-22-23	Wed./Fri./Sat.	BC Relays	Ridgewood; River Dell	V
4/25	Mon.	Hackensack	Hackensack	V, JV, F
4/28-29-30	Thurs./Fri./Sat.	Penn Relays	Philadelphia, Pa	Selected V
5/6	Fri.	Big North League Champs	Hackensack	Selected V
5/9	Mon.	Big North Frosh/Novice	Hackensack	JV, F
5/13-14	Fri./Sat.	BC Championships	Old Tappan	V
5/17	Tues.	Novice	Hackensack	JV
5/19	Thurs.	BC Frosh Girls Champs	Ridgewood	F
5/20	Fri.	BC Meet of Champions	Hackensack	Selected V
5/23	Mon.	East Coast Relays	Randolph	Selected V
5/24	Tues.	BC Frosh Boys Champs	Ramsey	F
5/27-28	Fri./Sat.	State Sectional Champs	Randolph	Selected V
6/3-4	Fri./Sat.	State Group Champs	Egg Harbor	Qualified V
6/8	Wed.	SMOC	Bayville	Qualified V
6/17-18-19	Fri./Sat./Sun.	New Balance Nationals	Greensboro, NC	Selected V