

RIDGEVIEW HIGH SCHOOL

2019 PANTHER INVITATIONAL

Date: February 14, 2018

Entry Fee: \$100.00 per school. This covers both Girls and Boys Teams. \$50.00 for only one Team.
Please make all checks payable to Ridgeview High School Track Program.

Awards: 1st Place Trophy.

General Admission: \$5.00

Entry Limits: One Team per Gender, per school in Relay Events.
4 Athletes per field event
Girls will go 1st in all Running events.
WE HAVE AN ASPHALT TRACK!

Time Schedule:

2:00pm Coaches meeting at the Starting / Finishing Line

2:15pm Field events – 3 Jumps / Throws per event.

Long Jump Followed by Triple Jump

Boys High Jump followed by Girls (starting heights 5'0" Boys – 4'4" Girls)

Boys Shot Put followed by Girls

Girls Discus followed by Boys

Girls Pole Vault followed by Boys (starting heights 7'6" Boys – 6'0" Girls)

2:30pm 3200m Relay – (4 x 800)

5:00pm Hurdles 100m (Girls) (up to 4 entries)

High Hurdles 110m (Boys) (up to 4 entries)

100m Dash (up to 4 entries)

1600m Run - (up to 4 entries)

400 Relay - 4 x 100m (can have "B" team – just show up, not entered)

Shot/Discus Relay 4 x 100m (not scored –Required marks Girls S-25'/D 75', Boys S-31'/D 100')

400m Dash (up to 4 entries)

800m Run (up to 4 entries)

800 Relay – 4 x 200m

3200m Run (up to 3 entries) – If lapped, athlete must move to lane 2.

Will run girls/boys together if under 24 total.

1600m Relay – (4 x 400) (can have "B" team – just show up, not entered)

ALL ATHLETE ENTRIES THROUGH FLRUNNERS BY FEBRUARY 12TH (Tuesday).

Remember State Track and Field Rule of a contestant shall not be in more than 4 events, 3 running events total.

CONTACT PERSON AND MAIL CHECK TO:

Ridgeview H.S.

466 Madison Ave.

Orange Park, Florida 32065

Attn: Al. Nesi - School # 904-336-8975 - ext. 68967