

# Riverdale Invitational

Friday, April 17, 2015  
Riverdale High School

**Scoring:** 10-8-6-4-2-1  
**Team Awards:** Trophies for 1<sup>st</sup> and 2<sup>nd</sup> place teams (tie-breaker = team place in the 4 x 400 Relay)  
**Individual Awards:** Medals for 1<sup>st</sup> place, Ribbons for 2<sup>nd</sup> thru 5<sup>th</sup> (each event)

**Track Rules:** Use only masking tape and 3/16" spikes on the track surface  
No team camps on the infield, must be set up outside the track  
No footballs, Frisbees, electronic devices, etc. in the competition area  
Running events start at 4:45pm and will be on a **ROLLING** schedule. Coaches, make sure your athletes prepare accordingly.

**Event Conflicts:** If an athlete is not at the field event venue when they are called, that attempt will be **PASSED**. If the athlete is still not at the field event venue before the bar is raised (high jump) or their flight has concluded, those missed attempts will be recorded as **SCRATCHES**.

## SCHEDULE OF EVENTS:

### Rolling Schedule

#### Field Events

4:00pm High Jump (Boys first, Girls follow)  
Shot Put (Boys first, Girls follow) – 2 Rings (simultaneous), 4 throws, No Finals  
Discus (Girls first, Boys follow) – 4 throws, No Finals (Top Flight 2nd)  
Long Jump (West Pits) (Boys & Girls) – 4 jumps, No Finals (Top Flight 1st)  
Triple Jump (West Pits, Follows Long Jump) (Boys & Girls) – 4 jumps, No Finals (Top Flight 1<sup>st</sup>)

#### Running Events

Girls will run first unless noted, fast heats will run last.

4:30pm 3200 Meter Run (Boys)  
4:45pm 4 x 800 Meter Relay  
5:15pm 4 x 100 Meter Relay  
5:30pm 3200 Meter Run (Girls)  
5:50pm 100 Meter Hurdles (Girls) – Timed Finals  
6:10pm 110 Meter Hurdles (Boys) – Timed Finals  
6:25pm 100 Meter Dash – Timed Finals  
6:45pm 800 Meter Run  
7:15pm 4 x 200 Meter Relay  
7:25pm 400 Meter Dash  
7:40pm 300 Meter Hurdles  
7:55pm 1600 Meter Run  
8:25pm 200 Meter Dash  
8:50pm 4 x 400 Meter Relay