

We warmly welcome you and your team to the 13th annual

Ron Ruptier Invitational

Ponderosa High School
3661 Ponderosa Rd.
Shingle Springs, CA
Saturday, March 15, 2025

We will host four levels of competition: Varsity girls/boys and Frosh /Soph girls/boys. Our facilities include an 8 lane all weather Mondo track, shot and discus rings, separate long and triple jump pits, high jump pit and pole vault pit . We will be using a finish-lynx timing system run by Mansoor Timing.

Fees: 1 Division \$150, 2nd Division \$250, 3rd Division \$300, All 4 Divisions \$350. If bringing individual athletes it is \$25 per athlete. Please make checks payable to Ponderosa Track & Field.

Hospitality: We will have breakfast items for coaches to the left of the awards tent (in the shed) upon arrival. Along with 1 meal ticket per coach, to be handed out to head coaches at pre-meet meeting. The meet will also have a complete snack bar.

Here is a list of the following important information:

Registration:

- All event entries for the meet will be submitted through MILESPLIT.COM (not athleteic.net this year)
- Maximum 4 entries per school per division for each running event, 3 for all field events, and 1 for relays.
- Entries are due March 11th by 11:59pm in MILESPLIT.COM

Meet details:

- 8:30 a.m. field events start / 9 a.m. track start time
- Parents/fans welcome; pay cash registration fee at the gate
- Please no spikes longer than 1/4 inch
- All trials will be run and scored as timed finals
- 3 throws will be followed by 3 final attempts for top 8 competitors in shot and discus
- All long/triple jumpers will have 3 jumps with no finals
- MEDALS FOR TOP 3 INDIVIDUALS AND RELAYS
- Please no "B" relay teams