

Ron Ruptier Invitational - 3/15/2025
Ponderosa High School
TRACK EVENTS- Start @ 9am

Track Order of Events:

1. 110 Meter High Hurdles - Varsity Boys (39")
2. 110 Meter Int. Hurdles - Frosh/Soph Boys (36")
3. 100 Meter Hurdles - Varsity Girls (33")
4. 100 Meter Hurdles - Frosh/Soph Girls (33")
5. 1600 Meters - Frosh/Soph Girls
6. 1600 Meters - Frosh/Soph Boys
7. 400 Meter Relay - Frosh/Soph Girls
8. 400 Meter Relay - Frosh/Soph Boys
9. 400 Meter Relay - Varsity Girls
10. 400 Meter Relay - Varsity Boys
11. 1600 Meters - Varsity Girls
12. 1600 Meters - Varsity Boys
13. 400 Meters - Frosh/Soph Girls
14. 400 Meters - Frosh/Soph Boys
15. 400 Meters - Varsity Girls
16. 400 Meters - Varsity Boys
17. 100 Meters - Frosh/Soph Girls
18. 100 Meters - Frosh/Soph Boys
19. 100 Meters - Varsity Girls
20. 100 Meters - Varsity Boys

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TRACK EVENTS- continued

21. 800 Meters Frosh/Soph Girls
22. 800 Meters Frosh/Soph Boys
23. 800 Meters - Varsity Girls
24. 800 Meters - Varsity Boys
25. 300 Meter Low Hurdles - Frosh/Soph Girls (30")
26. 300 Meter Low Hurdles - Varsity Girls (30")
27. 300 Meter Low Hurdles - Frosh/Soph Boys (33")
28. 300 Meter Int. Hurdles - Varsity Boys (36")
29. 200 Meters - Frosh/Soph Girls
30. 200 Meters - Frosh/Soph Boys
31. 200 Meters - Varsity Girls
32. 200 Meters - Varsity Boys
33. 3200 Meter Run - Frosh/Soph Girls
34. 3200 Meter Run - Frosh/Soph Boys
35. 3200 Meter Run - Varsity Girls
36. 3200 Meter Run - Varsity Boys
37. 4x400 Meter Relay- Frosh/Soph Girls
38. 4x400 Meter Relay- Frosh/Soph Boys
39. 4x400 Meter Relay- Varsity Girls
40. 4x400 Meter Relay- Varsity Boys
41. Weight Person 4x100 RelayFOR FUN!!!!

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FIELD EVENTS- Start @ 8:30am

Long Jump: Open Pit (northside pit, closest to high jump) during the gender announced, set on the rolling schedule listed. We estimate the pit will be open to boys for run throughs @ 8am- Marks taken from 8:30-11:30 and open to girls for run throughs @ 11:30am -Marks taken from Noon-3:00.

Frosh / Soph Boys & Varsity Boys
Frosh Soph Girls & Varsity Girls

Triple Jump: Open Pit (southside pit, closest to pole vault) during the gender announced, set on the rolling schedule listed. We estimate the pit will be open to girls for run throughs @ 8am - marks taken from 8:30-11:30 and open to boys for run throughs @ 11:30am - marks taken Noon-3:00.

Frosh /Soph Girls & Varsity Girls
Frosh / Soph Boys & Varsity Boys

High Jump (North end of stadium): The height will be raised 2" at a time. Division order & opening heights below. F/S & Varsity Girls will be run together! F/S & Varsity Boys will be run together!

Frosh / Soph Girls - 3'10"
Varsity Girls - 4'4"
Frosh / Soph Boys - 4'6"
Varsity Boy - 5'0"

Pole Vault (South end of the stadium): The bar will be raised in 1 foot increments until seven or fewer competitors remain. Then 6" increments for the remainder of the competition. Division order & opening heights below. F/S & Varsity Boys will be run together! F/S & Varsity Girls will be run together!

Frosh / Soph Boy - 7'
Varsity Boy - 9'
Frosh / Soph Girl - 5'
Varsity Girl - 6'

Shot Put: 3 Throws - with 3 additional throws in Finals for top 8 Varsity (NO FINALS for Frosh/Soph), rolling division schedule as announced; Varsity Boys *30', F/S Boys *25', Varsity Girls *25', F/S Girls *20' *Minimum marks must be met for the throw to be measured.

Varsity Boys & Frosh / Soph Boys
Varsity Girls & Frosh Soph Girls

Discus : 3 Throws -with 3 additional throws in Finals for top 8 Varsity (NO FINALS for Frosh/Soph), rolling division schedule as announced; Varsity Girls *60', F/S Girls *50', Varsity Boys *80', F/S Boys * 70'. *Minimum marks must be met for the throw to be measured.

Frosh /Soph Girls & Varsity Girls
Frosh / Soph Boys & Varsity Boys