

Ron Ruptier Invitational - Saturday 3/7/26

This meet does offer four different divisions to enter your athletes. We allow a maximum of 4 athletes per division, per event, per school for entries. We are planning on 3 throws with 3 additional final throws for the top 8 in varsity divisions, NO Finals for Frosh/Soph divisions and throws must meet a minimum in order to be officially measured. Please send your meet entry fee to Ponderosa HS 3661 Ponderosa Rd. Shingle Springs, CA 95682 Attention: Karen Norwood or hand deliver with you on the day of the meet.

Entry Fees:

1 Division \$150, 2nd Division \$250, 3rd Division \$350, All 4 Divisions \$400. If bringing individual athletes it is \$10 per athlete per event. Please make checks payable to Ponderosa Track & Field. Your school entry fee is based off of the entries that we have for your team on the entry deadline day. **Your athletes' entries confirm your attendance & upon entry deadline your bill will be generated & fee billed regardless of your attendance. Athletes and coaches will not be granted entrance until the school's entry fees have been paid at the front gate.**

When the entry fee has been paid in full then the school's packet may be picked up at the front gate. This packet will contain all athlete BIBs (for each entered athlete and will be needed for entry into the stadium), 2 programs (w/ heat sheets), and coaches meal tickets.

We are looking forward to a wonderful day for track and field up in the foothills of Shingle Springs, CA. Please see below for further details in regards to the meet and information to pass along to your athletes and their families that may attend.

Meet Day Schedule:

Packet Pickup 7:30 am / Coaches Meeting 8:10 am
Athlete Check in opens 8 am for field events / 8:30 am for track events
Field Events open for practice 8:00 am
National Anthem 8:20am
Field Events Begin 8:30 am /Track Events Begin 9:00 am
Estimated End 4:00pm

Field Events:

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

ORDER OF TRACK EVENTS

We may add in a 4x800m here

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
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!!!!

Admission:

Adults \$8, Seniors & Students \$6, Students w/ PHS ASB \$2

Children 12 & Under Free & PHS Booster Club Card Holder Free

Meet Program: This includes the heat sheets, and meet record for each event. \$2

Parking:

All Buses are directed to Park in the second school entrance (the circle) @ the front of the school (not a parking lot). All visitor cars please park in the student parking lot, first entrance. Additional parking may be found at the third entrance to the school marked "Staff Lot". Once all bus spots have been taken additional bus parking may happen in the loop located adjacent to softball fields (NOT in parking lots). There are limited handicap spots available off the loop adjacent to the softball fields. There is NO PARKING in the upper parking lot, this is for event staff, volunteers, and people with cleared access for the farm. There will be posted signage to help with parking and someone staffed at the gate to clear staff and volunteers for upper parking lot access. Teams please unload your gear at the parking loop adjacent to the softball field closest to the school building's side. This is the closest walk to the front gate and where your team packet can be picked up and where we will allow all visitors to enter. *PLEASE NOTE we can NOT have visiting teams or coaches enter from the upper parking lot nor the side where our snackbar is located. **We have construction in this area that we must deal with and we can NOT admit from these areas.**

Facility:

Award winning, all weather 8 lane track, two jump runways, one discus & one shot put ring, one high jump pit, one NEW pole vault pit. Lynx Timing provided by Red Cap Timing. Tent/Canopies can be set up in the home or visiting bleacher side and will not be allowed on the infield, grass areas, or restricting press box view of the track.

First Aid:

Located at the south end of the stadium under the tent with medical tables. This is for meet injury evaluation, ice and bandages provided as needed. Again for those that REQUIRE FIRST AID ONLY!

Restrooms:

Bathrooms are located on the sides of the Snack Bar Building. Men's on the left and Women's on the right.

Clerk of Course:

All running event competitors must check in with the clerk of the course, located under a tent at the North entrance of Stadium Near 100m start line. Field event athletes check in at your event. BIB numbers will be provided for all competitors at packet pickup. BIB must be worn during all events & to gain access to the competition area.

Infield:

Only Competing athletes & officials are allowed on the infield. No spectators are allowed. All athletes must refrain from electronic use in all competition areas including infield. There is no food or beverages (other than water) allowed on the turf. The warm up area is located off the backside of the discus ring.

Results & Scoring:

All Track & Field events will be scored through six (6) places, 10-8-6-4-2-1 basis, for each division. Results will be posted on green boards at south side of bleachers & posted live on Redcaptiming.com

Awards:

Each event in each division will medal 1st-3rd place finishers. Athletes may pick up their awards as soon as results are posted. The awards table will be located at the south end of bleachers near the results board. All Athletes must sign for their own medal upon pickup.

Snack Bar:

A full snack bar will operate throughout the meet.

*** Upon arrival hospitality tables (water, coffee, fruit and pastries) provided for PHS T&F Staff, confirmed volunteers, meet officials and visiting coaches. Coach Meal Tickets (for a drink and 2 items from our snackbar) will be handed out to head coaches @ pre-meet meeting on the infield.

I hope this information has helped for your planning purposes & getting information out to your team and their parents. Please reach out if you have any questions or concerns (530)363-4927. Please leave a text (fastest response), voicemail, or e-mail. We are looking forward to seeing everyone on Saturday, March 7th!

Coach Karen Norwood
Ponderosa T&F Head Coach
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