

## RIPON COLLEGE INVITATIONAL

**WHO:** Varsity

**WHEN:** Tuesday, March 26, 2024

**WHERE:** Ripon College

**TEAMS:** 15 or more schools from around the State

**TIME:** 3:40 pm – Field Events 4:00 pm - Running Events

**BUS LEAVES:** 12:45 pm      **BUS RETURNS:** around 10:30 pm

**ORDER OF EVENTS:**

3200 m. Boys Heat 1	4 x 200 m. Relay
60 m. Hurdles Trials	400 m. Dash
60 m. Dash Trials	800 m. Run
3200 m. Girls Heat 1	200 m. Dash
60 m. Hurdle Finals (B/G)	3200 m. Run (G/B)
60 m. Dash Finals (G/B)	4 x 400 m. Relay
1600 m. Run	

Long Jump (G/B), Pole Vault (B/G), Shot (B/G), High Jump (G/B), Triple Jump (B/G)

**MEET PROCEDURES:** Upon arrival, run 1 warm-up lap.  
Warm-up with teammates in same events.  
Know when you compete - check order of events.  
Make sure you have all of your equipment.  
Be sure to show support for your teammates.  
Make sure you stretch after your final event.  
Report any injuries to a coach immediately.  
Be prepared to sub for an injured teammate.  
After last event, everyone runs 1 cool-down lap.

**EATING PROCEDURES:** Eat a good breakfast & lunch. Bring fruit to eat at the meet.

**SEATING:** Seating is limited. Spectators are encouraged to bring along chairs.

**CLEAN – UP:** Make sure you collect all of your equipment  
Hold equipment for a teammate who is competing.  
Make sure you clean up our area before we leave

**ADMISSION:** \$5.00 – Adults      Free – 17 & under

**LIVING ON EARTH IS EXPENSIVE,  
BUT IT DOES INCLUDE A FREE TRIP AROUND THE SUN EVERY YEAR!!!**