

## Meet Details: *Wednesday, December 30, 2015*

**Sanctions:** CT, MA, ME, NH, NJ, NY, RI, VT

### Registration:

- **Step one:** To receive a registration form, email Anne Rothenberg at [arothernberg2@cox.net](mailto:arothernberg2@cox.net).
- **Step two:** You will receive a roster form and a registration form to fill out via email.
- **Step three:** Complete the roster and registration form and email as directed on form
- **Entry deadline:** 12/20/15

### Entry Fee: **Individual event - \$8, Relay event - \$20**

Make checks payable to: RI Classic, Inc.

Mail to: Bob Rothenberg, 229 Seabreeze Drive, North Kingstown, RI 02852

No personal checks please. Coaches may pay in advance or bring entry fee to meet. A purchase order is acceptable. Once your entries have been registered and the entries close, your high school is responsible for the entire entry fee. Adjustments will not be made for no-shows.

**Eligibility:** Athletes may compete in 3 events, only 2 of which may be individual. Athletes must officially represent their school. NFHS rules regarding uniforms will be enforced.

**Relays:** DO NOT give seed times for relays. Check off the running and field relays you are entering; relays will be seeded at the meet. In field event relays, ties will be broken by the best individual performance. A maximum of three athletes may compete in each field event relay. Coaches may select one relay event, running or field, in which to enter a "B" team.

**Individual Events:** Complete the entry form for each athlete you want to enter in an individual event. An athlete may be entered in 1 or 2 individual events. A school may enter 2 athletes in each individual event. The following will be accepted:

# Accepted	Event	Best performance in competition	
21	55m Hurdles	Semis & Final	Use only 110m/100m HH times
24	55m Dash	Semis & Final	Use only 100m times
18	300m Dash (2 turn stagger)	3 Sections Final	Use only 200m or 400m times
12	800m Run	1 Section Final	Use only 800m times
12	Mile Run	1 Section Final	Indicate 1500m or Mile time
15	3,000m Run	1 Section Final	Indicate 300m or 3200m time
15	Freshman Mile	1 Section Final	Indicate 1500m or Mile time
15	Pole Vault	1 Flight	Opening height 11'0 boys / 8'0 girls
15	Triple Jump	1 Flight	No mark under 40' boys / 32' girls
15	Long Jump	1 Flight	No mark under 20' boys / 16'0 girls

Qualifiers will be posted on the meet web site RIClassic.com by 12/23/15. Please notify the meet director as soon as possible if your athlete withdraws from an individual event.

### Relay Information:

- **High Jump**  
Opening heights 5'2" boys/4'2" girls

- **Shot Put**  
No mark under 35' boys/24' girls – each first legal throw will be measured regardless of distance
- **Weight Throw**  
No mark under 37' boys/28' girls – each first legal throw will be measured regardless of distance
- **Shuttle Hurdle**  
Boys 33"-39"-33"-39", girls 30"-33"-30"-33"
- **4x200**  
3 turn stagger
- **4x400**  
2 turn stagger
- **4x800**  
Waterfall start
- **Sprint Medley**  
200, 200, 400, 800
- **F/S Sprint Medley**  
400, 200, 200, 800 (barrel start)
- **Distance Medley**  
1200, 400, 800, 1600
- **F/S 4x400**  
2 turn stagger (barrel start)

**Equipment:** 1/4" pyramid spikes only; throwing implements must be weighed in near the throwing cage 30 minutes before the event; only indoor shots and weights permitted

**Awards:** Medals to the top 6 in each event; plaque to the winning relay team; in field event relays, all 3 relay members must get a mark for a team to medal.

**Packet Pickup:** Tuesday, December 29 from 4:00 – 5:30 PM at the track, or at the meet beginning at 7:30 AM Wednesday.