

**32nd Annual Ram
Invitational
Friday, 25th April
2014**

Time: Field Events: 4:30 p.m.
Finals: 5:30 p.m.

Track: Eight-lane all-weather track. No spikes longer than 1/4". No tape on the track. We will provide starting blocks, although you are welcome to bring your own if you'd like.

Scoring and Awards: Varsity: 10-8-6-4-2-1
Medals for 1st place, ribbons for 2nd-6th place
Team trophy for 1st place
JV: 10-8-6-4-2-1
Medals for 1st place, ribbons for 2nd-6th place.

In case of a tie, the points will be split and multiple awards will be issued.

Washrooms: Located behind the concession stand. Port-a-potties will also be available.

T-shirts: **Fashionably designed t-shirts will be available for purchase.**

Concessions: The concession stand will be open & five coaches meal tickets will be in your team envelope.

Field Events: Shot Put – Varsity to completion, then JV – Both Levels
4:30 Throws (no finals) Discus - JV to completion, then Varsity –
Both Levels 4 Throws (no finals)

Long Jump – Varsity to completion, then JV - 4 jumps
(no finals) Triple Jump – JV to completion, then Varsity
- 4 jumps (no finals)

High Jump – Varsity to completion,
then JV Pole Vault – JV to completion,
then Varsity

Games Committee: Glenbard South, Schaumburg, Glenbard East, Plainfield South

Results: Results & awards will be available approximately 15-20 minutes at the
conclusion of the 4x400. Both can be picked up in the press box.

Order of Events: 4:30 p.m. All field events begin
4:30 p.m. Prelims:
NO prelims as we will be using F.A.T. Timing
The J/V 3200m run will be at 5:00

Finals will begin immediately following the singing of the National Anthem.

5:30 p.m. Finals:
J/V first, then Varsity

3200 m. Relay (1 heat/level)
400 m. Relay (1 heat/level)
3200 m. Run (Varsity)
100 m. High Hurdles (2 heats/level)
100 m. Dash (2 heats/level)
800 m. Run (1 heat/level)
800 m. Relay (1 heat/level)
400 m. Dash (2 heats/level)
300 m. Low Hurdles (2 heats/level)
1600 m. Run (1 heat/level)
200 m. Dash (2 heats/level)
1600 m. Relay (1 heat/level)