



**Event Date:** January 19, 2013  
**Registration Deadline:** 6 p.m. January 13, 2013  
**Registration:** On-line through Directathletics.com  
**Times:** 9:00 AM to 7:00 PM  
**Location:** Providence Career & Technical High School  
 91 Fricker Street, Providence, RI 02903  
**Cost:** Each Individuals Event: \$10. Relays: \$15  
**Sanctioned:** RI, CT, MA, ME, NH, NJ, NY, VT, PA, N.C., S.C., GA, DE  
 (open to all NFHS Schools)

# Accepted	Event/Boys and Girls		Standards	
			Boys	Girls
96	55m Hurdles	Semis & Final	9.0	11.0 (FAT)
96	55m Dash	Semis & Final	7.0	8.2 (FAT)
60	400m Dash	Finals	55.5	67.0
80	800m Run	Finals	2:15	2:38
48	Mile Run	Finals	5:00/4:38 1500	5:50/5:25 1500
24	2 Mile Run	Finals	10:15/9:30 3K	12:00/11:07 3K
Open	4x200 relay			
Open	4x400 relay			
Open	4x800m			
24	DMR			

**Field Events (8 to Finals)**

18	Pole Vault		Opening height 9'6 boys /7'6 girls
24	Triple Jump	2 Flights	No mark under 40' boys / 32' girls
24	Long Jump	2 Flights	No mark under 19' boys/15'0 girls
24	High Jump		Opening height 5'8 boys/4-8' girls
24	Championship Weight Throw	2 Flights	No mark under 40' boys/30' girls*
Open	Emerging Weight Throw		All marked
24	Championship Shot Put	2 Flights	No mark under 45' boys/30' girls*
Open	Emerging Shot Put		All Marked

## Running Events

(Boys followed by Girls unless noted) (Fastest Heats will run First)

- 4 x 200m 9:00 am
- 4 x 800m
- 55H
- 55m
- 2 mile Boys
- 55H Finals (Girls followed by boys)
- 55 m Finals
- 2 Mile Girls
- 400m
- 1 Mile
- 800 m
- 4 x 400
- DMR (1200-400-800-1600)

## Field Events

- Championship Weight Throw Top 24 9 a.m. (Boys followed by Girls)
- Emerging Weight Throw Unlimited (Boys followed by Girls)
- Shot put Top 24 9 a.m. (Girls Followed by Boys)
- Emerging Shot Put Unlimited (Girls Followed by Boys)
- Long Jump Top 24 9 a.m. (Boys Followed by Girls)
- Triple Jump Top 24 Following Long Jump  
(Boys Followed by Girls)
- Pole Vault Top 18 11 a.m. (Girls Followed by Boys)
- High Jump Top 24 10 a.m. (Boys followed by Girls)

## Eligibility:

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

## Entry Fees

Individual: \$10 per event; Relay event - \$15

Team Cap: \$200 per gender

Make checks payable to RITCA

Mail to: John Menna/Treasurer RITCA, 160 Natick Avenue Cranston RI 02921.

No personal checks please. Coaches may pay in advance or bring entry fee to meet. A purchase order is acceptable. Schools that enter the meet are responsible for the entry fee regardless of participation.

## Qualifiers

Qualifiers will be posted on the meet web site RITCA.COM website by January 15, 2013.

\*First legal throw will be measured regardless of Distance

#Accepted numbers may be adjusted based on Number of Entries