

2026 Ron Ruptier Invitational hosted by Ponderosa High School

Order of Track Events(Start at 9:00AM)	Order of Field Events(Start at 8:30AM- Warm-Ups at 8:00AM)
4x800 possible add here	
1. 110 Meter High Hurdles - Varsity Boys 39"	*Long Jump - Open Pits - 3 Trials, No Finals
2. 110 Meter Intermediate Hurdles - Frosh/Soph Boys 36"	Frosh/Soph and Varsity Boys - Run throughs start at 8:00 - Marks taken 8:30-11:30AM.
3. 100 Meter Hurdles - Varsity Girls 33"	Frosh/Soph and Varsity Girls - Run throughs start at 11:30 - Marks taken 12:00-3:00PM.
4. 100 Meter Hurdles - Frosh/Soph Girls 33"	
5. 4x800 Relay - Frosh/Soph Girls	Triple Jump - Open Pits - 3 Trials, No Finals
6. 4x800 Relay - Frosh/Soph Boys	Frosh/Soph and Varsity Girls - Run throughs start at 8:00 - Marks taken 8:30-11:30AM.
7. 4x800 Relay - Varsity Girls	Frosh/Soph and Varsity Boys - Run throughs start at 11:30 - Marks taken 12:00-3:00PM.
8. 4x800 Relay - Varsity Boys	
9. *400 Meter Relay Unified*	Discus Throw - 3 Trials (+3 Finals for top 8 VARSITY Only)
10. 400 Meter Relay Frosh/Soph Girls	Frosh/Soph Girls
11. 400 Meter Relay Frosh/Soph Boys	Varsity Girls
12. 400 Meter Relay Varsity Girls	Frosh/Soph Boys
13. 400 Meter Relay Varsity Boys	Varsity Boys
14. 1600 Meters Frosh/Soph Girls	
15. 1600 Meters Frosh/Soph Boys	*Shot Put - 4 Trials (+3 Finals for top 8 VARSITY Only)
16. 1600 Meters Varsity Girls	Varsity Boys
17. 1600 Meters Varsity Boys	Frosh/Soph Boys
18. 400 Meter Frosh/Soph Girls	Varsity Girls
19. 400 Meter Frosh/Soph Boys	Frosh/Soph Girls
20. 400 Meter Varsity Girls	
21. 400 Meter Varsity Boys	High Jump - Start at 8:30AM - 2" Increment Increases
22. 100 Meter - Unified	
23. 100 Meter Frosh/Soph Girls	Frosh/Soph Girls - Starting Height 3'-10" & Varsity Girls - Starting Height 4'-04"
24. 100 Meter Frosh/Soph Boys	Frosh/Soph Boys - Starting Height 4'-06" & Varsity Boys - Starting Height 5'-00"
25. 100 Meter Varsity Girls	
26. 100 Meter Varsity Boys	
27. 800 Meter Frosh/Soph Girls	Pole Vault - Start at 8:30AM - 6" Increment Increases
28. 800 Meter Varsity Girls	F/S Boys & Varsity Boys will be run together. F/S Girls & Varsity Girls will be run together.
29. 800 Meter Frosh/Soph Boys	Frosh/Soph Boys - Starting Height 7'-00" & Varsity Boys - Starting Height 9'-00"
30. 800 Meter Varsity Boys	Frosh/Soph Girls - Starting Height 5'-00" & Varsity Girls - Starting Height 6'-00"
31. 300 Meter Low Hurdles Frosh/Soph Girls 30"	
32. 300 Meter Low Hurdles Varsity Girls 30"	*Any Unified Long Jump or Shot Put Athletes will add in @ the field event and should trial their event before registered athletes.
33. 300 Meter Hurdles Frosh/Soph Boys 33"	
34. 300 Meter Hurdles Varsity Boys 36"	
35. 200 Meter Frosh/Soph Girls	
36. 200 Meter Frosh/Soph Boys	
37. 200 Meter Varsity Girls	
38. 200 Meter Varsity Boys	
39. 3200 Meter Frosh/Soph Girls	
40. 3200 Meter Frosh/Soph Boys	
41. 3200 Meter Varsity Girls	
42. 3200 Meters Varsity Boys	
43. 1600 Meter Relay Frosh/Soph Girls	
44. 1600 Meter Relay Varsity Girls	
45. 1600 Meter Relay Frosh/Soph Boys	
46. 1600 Meter Relay Varsity Boys	
47. Weight Person 4x100 Relay... FOR FUN ONLY!	