

**RIDGEWOOD WINTER GAMES at RCC**  
**Rockland Community College, Suffern, New York**  
**Thursday, January 9, 2025 4:30pm**

**ORDER OF EVENTS**

4:30 Track Events

1. Varsity Boys 3200m run
2. Varsity Girls 3200m run
3. Frosh Boys 400m run
4. Frosh Girls 400m run
5. Novice Boys 400m run
6. Novice Girls 400m run
7. Varsity Boys 400m run
8. Varsity Girls 400m run
9. Varsity Boys 4X800m relay
10. Varsity Girls 4X800m relay
11. Frosh Boys 200m run
12. Frosh Girls 200m run
13. Novice Boys 200m run
14. Novice Girls 200m run
15. Varsity Boys 200m run
16. Varsity Girls 200m run
17. Varsity Boys 800 meters
18. Varsity Girls 800 meters
19. Frosh Boys 1600m run
20. Frosh Girls 1600m run
21. Novice Boys 1600m run
22. Novice Girls 1600m run
23. Varsity Boys 1600m run
24. Varsity Girls 1600m run
25. Frosh Boys 4X400m relay
26. Frosh Girls 4x400m relay
27. Novice Boys 4X400m relay
28. Novice Girls 4X400m relay
29. Varsity Boys 4X400m relay
30. Varsity Girls 4X400m relay

**Awards:**

Ridgewood Winter Games medal to top 5 places.

**Results:**

Posted on [www.jacobbrown.com](http://www.jacobbrown.com) during the meet.

Will be sent to mile split at the conclusion of the meet.

4:30 Sprints/Hurdles – Infield

- 1.Frosh Girls HH – Trials
- 2.Novice Girls HH - Trials
- 3.Varsity Girls HH – Trials
- 4.Frosh Girls HH – Finals
- 5.Novice Girls HH - Finals
- 6.Varsity Girls HH – Finals
- 7.Frosh Boys 55 Dash – Trials
- 8.Novice Boys 55 Dash - Trials
- 9.Varsity Boys 55 Dash – Trials
- 10.Frosh Boys 55 Dash – Finals
- 11.Novice Boys 55 Dash - Finals
- 12.Varsity Boys 55 Dash - Finals
- 13.Frosh Boys HH – Trials
- 14.Novice Boys HH - Trials
- 15.Varsity Boys HH – Trials
- 16.Frosh Boys HH – Finals
- 17.Novice Boys HH - Finals
- 18.Varsity Boys HH – Finals
- 19.Frosh Girls 55 Dash – Trials
- 20.Novice Girls 55 Dash - Trials
- 21.Varsity Girls 55 Dash – Trials
- 22.Frosh Girls 55 Dash – Finals
- 23.Novice Girls 55 Dash - Finals
- 24.Varsity Girls 55 Dash - Finals

4:30pm Field Events

Shot Put : Girls Frosh, Novice, and Varsity will throw first. Boys to follow. If entry warrants a 2<sup>nd</sup> circle will be added for the boys and they will start around 5pm. Varsity will have finals.

High Jump: Girls Jump first: Frosh, Novice, Varsity together: Girls open at 4', 4'3", & 4'6". Then Boys Jump: Frosh, Novice, Varsity together: Boys open at 4'6", 4'9" & 5'3".

Pole Vault: Frosh Boys open at 7', Girls open at 8', and Varsity Boys open at 10'

Long Jump/Triple Jump: we will have **Two** pits.  
Pit 1:

Girls Varsity LJ – then Boys Varsity LJ – then Frosh Boys & Girls LJ – 3 jumps. No Finals

Pit 2:

Boys Varsity TJ – then Girls Varsity TJ – then Frosh Boys & Girls TJ – 3 jumps. No finals.