

**43rd Annual Cardinal Relays**  
**Benton High School, St. Joseph, Missouri**  
**Tuesday May 8<sup>th</sup>, 2018**

**Entry FEE (\$70 for 1 team/\$130 for 2)**

All entries are due by **Noon on Monday, May 7<sup>th</sup>, 2017.** We will be using TRXCTIMING. The web site is [www.trxctiming.com](http://www.trxctiming.com) The meet will be listed as the **2018 Benton Cardinal Relays**. The meet should already be listed in your schedule on TRXCTIMING. Registration is open on **Tuesday May 1st at Noon and closes at Noon on Monday, May 7<sup>th</sup>.** Changes, deletions, and additions may occur anytime during registration.

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**1-816-671-4030**(Mike Ziesel/Activities Coordinator) [mike.ziesel@sjsd.k12.mo.us](mailto:mike.ziesel@sjsd.k12.mo.us)

**Scratches & Substitutions**

There will be a scratch meeting at 3:00 on meet day. **Scratches only/No Substitutions.**

**Awards**

Team plaques will be given to the first two place winners in both the boys and girls' division. Medals will be given to the top 3 finishers in both relay and individual events.

**Track Specification**

We have a polyurethane surface **six lane track**. Please make sure your athletes use 1/8" or 3/16" spikes

**Participation**

Each school may enter 2 entries per individual event and 1 team per relay. Each athlete may participate in a total of 4 events.

**Dressing Facilities & Equipment**

There are no dressing facilities. Starting blocks will be furnished. No tape on track or runways. **Athletes are asked to stay out of the field house.**

**Track Events & Relays**

**NO PRELIMS/All races run against time.** The 4x100m & 4x200m relays will be run in lanes all the way. The 4x400m relay will be run with a 3 turn stagger. Box Alley start for all distance races (4x800m relay, 800m run, 1600m run, & 3200m run)

**Field Events**

No prelims. 4 throws in Shot Put, Discus, and Javelin. Triple Jump, and Long Jump will be cafeteria style with four jumps in a one-hour time limit. Three attempts for each height for High Jump and Pole Vault

**Scoring**

Points will be scored...10-8-6-4-2-1 in all events.

**43<sup>rd</sup> ANNUAL CARDINAL RELAYS**  
**May 8<sup>th</sup>, 2018**

**FIELD EVENT FINALS**

<u>TIME</u>	<u>GIRLS</u>	<u>TIME</u>	<u>BOYS</u>
3:30	Long Jump (Curve Pit)	4:30	Long Jump(Curve Pit)
4:30	Triple Jump (Finish Line Pit)	3:30	Triple Jump(Finish Line Pit)
3:30	Shot Put	4:30	Shot Put
4:30	Discus	3:30	Discus
4:30	High Jump	3:30	High Jump
3:30	Pole Vault	4:30	Pole Vault
5:30	Javelin	5:30	Javelin
<b>**Shot Put, Discus, Javelin, Long Jump &amp; Triple Jump will be 1 hr. cafeteria</b>			

**TRACK FINALS**

4:00(no preliminaries, girls follow boys)

4 x 800m relay  
100/110m HH  
100m dash  
4 x 200m relay  
1600m run  
4 x 100m relay  
400m dash  
300m LH/IH  
800m run  
200m dash  
3200m run  
4 x 400m relay

**Participating Schools**

**Benton**  
**Cameron**  
**Chillicothe**  
**Trenton**

**Lafayette**  
**Lawson**  
**Maryville**

**Savannah**

**Meet Assignments**

Benton	Shot Put Boys & Girls, Javelin Boys & Girls, Timer 1-6 place,
Cameron	Girls Discus
Chillicothe	Pole Vault Boys & Girls
Lafayette	Boys & Girls Long Jump
Lawson	Girls High Jump
Maryville	Boys High Jump
Trenton	Boys Discus
Savannah	Boys & Girls Triple Jump
Chillicothe & Maryville	Relay Exchanges 4x1, 4x2, and 4x400 Cut in Line

**EXTRAS**

- \* Coaches meal will be provided. Make sure you get your ticket at the scratch meeting.
- \*The concession stand will be available for athletes and spectators.
- \*Admission Fee is \$5.00 for adults, \$3.00 for students, Seniors 60+/Free.

