**44th Annual Cardinal Relays**

**Benton High School, St. Joseph, Missouri**

**Tuesday May 7th, 2019**

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

All entries are due by **Noon on Monday, May 7th, 2018.** 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 **Monday April 29th at Noon and closes at Noon on Monday, May 6th.**  Changes, deletions, and additions may occur anytime during registration.

 **1-816-671-4030** (Robert Henderson) robert.henderson@sjsd.k12.mo.us

Coach Henderson Cell: 816-786 4285

**1-816-671-4030** (Brad Hankins) bradley.hankins@sjsd.k12.mo.us

Coach Hankins Cell: 816-686-1060

**1-816-671-4030**(Brett Goodwin/Activities Coordinator) brett.goodwin@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 2 first 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.

**44th ANNUAL CARDINAL RELAYS**

**May 7th, 2019**

FIELD EVENT FINALS

TIME GIRLS TIME BOYS

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

 **\*\*Shot Put, Discus, Javelin, Long Jump & Triple Jump will be 1 hr. cafeteria**

TRACK FINALS

4:00(no preliminaries, girls follow boys)

(slow heat follow fast heat)

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 Lafayette Savannah**

 **Cameron Lawson**

 **Chillicothe Maryville**

 **Trenton**

**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

Trenton 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.

NO FAMILY/SCHOOL PASSES ACCEPTED – TRACK FUNDRAISER