

**44<sup>th</sup> Annual Cardinal Relays**  
**Benton High School, St. Joseph, Missouri**  
**Tuesday May 7<sup>th</sup>, 2019**

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

All entries are due by **Noon on Monday, May 6<sup>th</sup>, 2019.** We will be using TRXCTIMING. The web site is [www.trxctiming.com](http://www.trxctiming.com) The meet will be listed as the **Benton Cardinal Relays**. The meet should already be listed in your schedule on TRXCTIMING. Registration is open on **Wednesday May 1<sup>st</sup> at Noon and closes at Noon on Monday, May 6<sup>th</sup>.** Changes, deletions, and additions may occur anytime during registration.

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**1-816-671-4030**(Brett Goodwin/Activities Coordinator) [brett.goodwin@sjds.k12.mo.us](mailto:brett.goodwin@sjds.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 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. During the girl 100m high hurdles & boys 110m high hurdles we will only run 5 lanes.

**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. **NO POLE VAULT** 3 throws in Shot Put, Discus, and Javelin. Triple Jump, and Long Jump will be cafeteria style with three jumps in a one-hour time limit. Three attempts for each height for High Jump.

**Scoring**

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

## **44th ANNUAL CARDINAL RELAYS**

**May 7<sup>th</sup>, 2019**

### FIELD EVENT FINALS

#### NO POLE VAULT

<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
5:30	Javelin	5:30	Javelin
<b>**Shot Put, Discus, Long Jump &amp; Triple Jump will be 1 hr. cafeteria</b>			
<b>***Boys &amp; Girls Javelin will be ran at the same time 1 hr. cafeteria</b>			

### 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  
Cameron  
Chillicothe**

**Lafayette  
Lawson  
Maryville**

**Savannah  
Trenton**

**Meet Assignments**

Benton	Girls & Boys Shot Put, Javelin Boys & Girls Timer 1-6 place,
Cameron	Girls Discus
Chillicothe	Boys Discus
Lafayette	Boys & Girls Long Jump
Lawson	Girls High Jump
Maryville	Boys High Jump
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 POLE VAULT

