

CARDINAL TRACK AND FIELD

Grand Valley High School • 800 Cardinal Way • Parachute, CO 81635 • (970) 285-5705

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Activities Director, David Walck • dwalck@garfield16.org

- Meet:** Cardinal Invitational @ Toby LeBorgne Stadium , Grand Valley High School
The meet is a state-qualifying meet and results will be sent to the MaxPreps ranking system.
- Date/Time:** May 11, 2019 @ 10:00 a.m.
- Scoring/Awards:** 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1 Team trophies will be presented to the top two teams. Awards will be given to scoring athletes.
- Entry Fee:** An entry fee of \$200.00 per school or \$15.00 per athlete will be collected to cover expenses of the meet.
- Entries:** Entries are to be made on Milesplit and entries are unlimited.
(Registration closes Thursday, May 9th @ 8:00 pm)
- Cancellation:** If the meet is cancelled or postponed, you will be notified. For Saturday meets, we will call on Friday prior to 3:30 pm. If you'd like to check on conditions prior to departing, feel free to call me on my cell.
- Camps:** Team camps in the designated camp area only. Blankets are advised as the surface is crushed granite. Please no canopies in the bleachers or in the newly planted grass areas around the school.
- Restricted:** The infield is restricted from athletes not competing and parents. Athletes are to enter the track on the west end. Warm ups are allowed on the infield.
- Running Events:** Athletes should obtain hip stickers in the garage near the 100 meter start. Check in for all running events will be with the clerk in front of the west soccer goal or at the event's start line.
- Field Events:** Implement weigh-in will take place in the soccer shelter at the throwing area. Weigh-ins will be open for an hour prior to the meet. Check in for all field events will be at the event site. All field events will have preliminaries with 9 athletes advancing to the finals. The Pole Vault will be held at Rifle High School on the Friday prior.
- Results:** Results will be posted behind the stadium. Official results will be available on MileSplit at <https://live.milesplit.com>
- Additional Information:**
- Public restrooms are available inside the school by the concession stand, behind the stadium, and on the west side between the track and baseball field.
 - Admission: \$5 adults; \$3 students
 - **Absolutely no gum or sunflower seeds allowed in the track area or infield!**
 - A training tent will be available inside the team camp area.
 - Busses may drop off athletes in the back lot near the team camp area but must park in the west lot.
- Questions:** Please email or call Mark Jansen with any questions.

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Schedule of Events • Cardinal Invitational

Pole Vault: Friday, 5/10 @ Rifle High School (10:00 am)

Saturday, May 11th

9:15 am

Coaches meeting in the pressbox.

10:00 am

(Rolling Schedule)

800 meter Medley Relay (girls)

3200 meter Relay

100 meter High Hurdles (girls)

110 meter High Hurdles (boys)

100 meter Dash

800 meter Relay

1600 meter Run

400 meter Relay

400 meter Dash

300 meter Intermediate Hurdles

800 meter Run

200 meter Dash

3200 meter Run

1600 meter Relay

Field Events

10:00 am

Discus (Boys)

Shot Put (Girls)

High Jump (Boys)

Long Jump (Girls/Boys)

1:00 pm

Discus (Girls)

Shot Put (Boys)

High Jump (Girls)

Triple Jump (Girls/Boys)

- All times are approximate. •
- Running events take priority over field events. •
- Girls followed by boys in all running events. •
- Long Jump - Boys in east pit, Girls in west pit. •
- Triple Jump - Boys in west pit, Girls in east pit. •
- High Jump will start at 4' 1" for girls and 5' 1" for boys (*pending changes at coaches meeting*). •