

CARDINAL TRACK AND FIELD

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

Results: Official results will be available on MileSplit at <https://live.milesplit.com>

Schedule of Events • Cardinal Invitational

Pole Vault: Friday, 5/11 @ 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. •