

CARDINAL TRACK AND FIELD

Grand Valley High School 800 Cardinal Way Parachute, CO 81635 970-285-5705
Head Coach/Meet Director: Jason Arthur (cell) 970.260.4400 (email) jarthur@garfield16.org

Dear Athletic Directors and Track Coaches,

We are looking forward to seeing you at the Annual Cardinal Invitational Track and Field Meet at Grand Valley High School on Saturday, May 13, 2023. We will be starting at 9:15 am with a coaches meeting and then events will begin at 10:00 am.

Locker Rooms/bathrooms: There are outdoor bathrooms located between the building and the stadium in the fieldhouse.

Team Bus Parking: There is a bus lot across the street from the high school that can accommodate any vehicle that takes more than 1 parking spot. Please ask your drivers to park there after they drop you off. (See Map)

Concessions: We will have full concessions. We do not accept credit cards - cash only.

Admission Fee: The G16 School Board decided years ago that we will not charge an admission fee for any spectators. There will be no entrance fee for families.

Entries: Will be unlimited for individual events and 2 relay teams. We will score 3 individual and 1 relay. *(Entries are due Thursday May 11 by 11pm)*

State Qualifying Meet: The Cardinal Invitational is a state qualifying meet with automatic timing.

Team Camps: There is a fenced in space to the east of the Home stands where teams can set up camp.

Spikes: track spikes must be ¼" or shorter.

Awards: First place in each event will receive a t-shirt. We will have plaques for the 1st place Boys and Girls teams.

Restricted Areas: There are several access points to the track and we ask that you assist us in keeping non-competing athletes, coaches and parents off the infield at all times. Athletes should enter the field at the west end by the Track Shack.

Running events: All runners will check in and get hip numbers at the track shack on the west end of the field.

Field Events: The jumping events will be on the North end of the field and throwing events are to the east of the track on the hill.

Entry Fee: \$200 for a team OR \$20/Athlete. If you haven't already mailed your check please be sure to do so or bring it to the track meet and give it to Coach Arthur.

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Coaches: We will have a coaches meeting at 9:15 am at the finish line. We will provide a light breakfast and a lunch for coaches.

Please make checks payable to:

Grand Valley High School

Attn: Athletics

PO BOX 68

Parachute, CO 81635

***Checks can be mailed or brought to the coaches meeting.

We will be able to offer Pole Vault. Thank you to Meeker High School for hosting this for us on Friday, May 12th.

Athletes will need to be at Meeker High for weigh-ins at 2:00, the event will begin at 3:00 pm.

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Results: Official results will be available on MileSplit

Schedule of Events for Friday, May 13, 2022

Pole Vault at Meeker High School

Weigh-ins - 1:00 pm

Event will begin at 2:00 pm

Schedule of Events for Saturday, May 14, 2022

9:15 am Coaches meeting at finish line

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

Coaches Relay

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 starting heights will be determined at the coaches meeting.