

2016 Mentor Cardinal Relays

1. Entry Fee of \$150. Fees must be paid by Friday April 29th, Lineups are due on **Baumspage** Friday April 29th at noon.
2. Open races – Each team may enter 2 participants in the 1600M, 3200M, 100M, and hurdles.
3. Track relays will require **4** participants to a team; field relays will require **3** participants to a team. In order to have a well-balanced team, each team must enter at least 6 of the 12 running events.
4. Coaches may pick up their envelopes at the entrance gate.
5. There will be a scratch meeting at 8:30 am. Field event entries may be scratched at the individual performance area.
6. The point system will be score 8 places **10-8-6-5-4-3-2-1**.
7. Participating coaches and team members will be required to remain in the stands unless called for an emergency or participating in events. Any complaint filed against a coach or participant for being on the field may result in forfeiting his/her team's points in the event in progress.
8. All awards will be given to each school at the conclusion of the meet.
9. The first running event is the women's and men's 3200 meter run final to begin at **10:00 am**, followed by the prelims in the hurdles and 100 meters.
10. All races will be run in heats against time, except for the 3200 meter run, 1600 meter run, 100 meter, hurdles, the 4 x 1600 relay, and the distance medley relay.
11. Warm up time will be between the first and second call. At the second call, contestants will report to the bullpen. At the last call, contestants will be taken from the bullpen to the starting line. Contestants must have sweatsuits removed and ready to go when they reach the line. Please inform your team members of this routine.
12. The distance medley will be run in this order: 800 meter, 400 meter, 1200 meter, and 1600 meter.
13. The sprint medley relay will be run in this order: 100 meter, 100 meter, 200 meter, and 400 meter.
14. The shuttle hurdle relays will be run intermediate for boys and low for girls at the high hurdle distance. The second, third, and fourth runners may start when the preceding hurdler's torso passes the vertical plane of the restraining line.
15. All field events will begin at **9:00 am**.
16. For shot put, discus, and long jump each contestant will be allowed 4 trials, with the best mark to count. Teams will compete in flights. All practice and setting of marks must be done before the event starts if we are to allow 4 trials.
17. **Shots and discus will be weighed in starting at 8:30. Those implements that weigh in light will be impounded until the event conclusion. Female pole vaulters must check in their poles by 8:15 and warm-ups end at 9am.**
18. **Teams are allowed to enter three individuals in each field event including the pole vault.**
19. High jump for females will start at 4'6" with a rise to 4'9", 5', 5'1", 5'2", 5'3".. The high jump for males will start at 5'6" and progress to 5'9", 6', 6'2", 6'4", 6'5", and 6'6"...
20. **We will only have one pit for pole vault. Pole vault for females will start at 7' increasing to 8' then by 6" until 10' then by 3". The boys will start at 9' increasing to 10' then by 6" until 13' then by 3".**
21. All high jumpers/pole vaulters will be contested five (5) alive. The bar will not be lowered. If the bar is raised while a contestant is competing in another event, it will be considered as a pass, and he/she must compete at the existing height.
22. Regarding shoes and spikes:
 - a) 1/4" maximum are mandatory for use on the Mentor High track. Shoes will be checked upon entering the track area.
 - b) Long jump on the all-weather surface will allow a 1/8" maximum spikes. High jump spikes may be a maximum of 1/4".
 - c) Shot and discus on cement
23. All other rules governing the track meet, other than the ground rules herein stated, will be the same rules which are official in the O.S.T. and F.R.

PLEASE REMIND YOUR ATHLETES TO STAY OFF THE FOOTBALL FIELD