

**MENTOR HIGH SCHOOL**  
**MENTOR CARDINAL RELAYS**  
**SATURDAY, April 30th , 2016**

**SCHEDULE OF EVENTS**

**9:00 AM**

**ALL FIELD EVENTS**

Men's Pole Vault	(Second)	Women's Pole Vault	(First)
Men's Discus	(Second)	Women's Discus	(First)
Men's Shot Put	(First)	Women's Shot Put	(Second)
Men's High Jump	(Second)	Women's High Jump	(First)
Men's Long Jump	(First)	Women's Long Jump	(Second)

Shot, discus and long jump will consist of 4 attempts by each contestant. All attempts are final.

**10:00 AM**

3200 Meter Run – Women	Finals
3200 Meter Run – Men	Finals
100 Meter Low Hurdles – Women	Prelim
110 Meter High Hurdles – Men	Prelim
100 Meter Dash – Women	Prelim
100 Meter Dash – Men	Prelim

**FINALS**

4 x 1600 Meter Relay – Women
4 x 1600 Meter Relay – Men

**12:00 PM**

**FINALS**

100 Meter Low Hurdles – Women
110 Meter High Hurdles – Men
100 Meter Dash – Women
100 Meter Dash – Men
4x800 Meter Relay – Women
4x800 Meter Relay – Men
800 Meter Sprint Medley – Women
800 Meter Sprint Medley – Men
1600 Meter Run – Women
1600 Meter Run – Men
4x100 Meter Relay – Women
4x100 Meter Relay – Men
Distance Medley – Women
Distance Medley – Men
4x200 Meter Relay – Women
4x200 Meter Relay – Men
4x100 Meter Shuttle Hurdles – Women
4x110 Meter Shuttle Hurdles – Men
4x400 Meter Relay – Women
4x400 Meter Relay – Men