

## 2019 Mentor Cardinal Information

1. Entry Fee of \$150. Fees must be paid by Friday April 26th, Lineups are due on Baumspage Friday April 26th at noon.
2. Open races – Each team may enter 2 participants in the 1600M, 3200M, 800M, 100M, 100H, and 300H
3. Track relays will require 4 participants to a team; field relays will have 3 participants to a team (except pole vault =2 per 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 in the weight room located behind the stadium.
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 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 100/110 Hurdles and the 100M Dash.
12. 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.
13. The distance medley will be run in this order: 800 meter, 400 meter, 1200 meter, and 1600 meter.
14. The sprint medley relay will be run in this order: 100 meter, 100 meter, 200 meter, and 400 meter.
15. All field events will begin at **9:00 am**.
16. Shot put, discus, and long jump each contestant will be allowed 4 trials, with the best mark to count. Teams will compete in flights.
17. Shots and discus will be weighed in starting at 8:15. Those implements that weigh in light will be impounded until the event conclusion.
18. Female pole vaulters must check in their poles by 8:15 and warm-ups end at 9am.
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. 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 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. 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**

## **SCHEDULE OF EVENTS**

**9:00 AM FIELD EVENTS** Pole Vault (2 athletes per team) Women/Men  
Discus (3 athletes per team) Men 1st/Women 2nd  
Shot Put (3 athletes per team) Women 1st /Men 2nd  
High Jump (3 athletes per team) Men 1st/Women 2nd  
Long Jump (3 athletes per team) Women 1st /Men 2nd

### **10:00 AM**

1) 3200 Meter Run Final  
100/110 Meter Hurdles Prelim (W/M)  
100 Meter Dash Prelim (W/M)

### **11:30 AM FINALS (Women-Men)**

2) 4x800 Meter Relay  
3) 100/110 Meter Low Hurdles  
4) 100 Meter Dash  
5) 1600 Meter Run  
6) Sprint Medley Relay  
7) 800 Meter Run  
8) 4x100 Meter Relay  
9) Distance Medley Relay  
10) 4x200 Meter Relay  
11) 300 Meter Hurdles  
12) 4x400 Meter Relay