

MENTOR HIGH SCHOOL MENTOR CARDINAL RELAYS

SATURDAY, April 30th 2022

SCHEDULE OF EVENTS

9:00 AM ALL FIELD EVENTS

Pole Vault (2 athletes per team) Women/Men

Discus (3 athletes per team) Women 1st/Men 2nd

Shot Put (3 athletes per team) Men 1st /Women 2nd

High Jump (3 athletes per team) Men 1st/Women 2nd

Long Jump (3 athletes per team) Women 1st /Men 2nd

Shot, Discus and Long Jump will consist of 4 attempts by each contestant. All attempts are final.

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