

**Mentor High School**  
Athletic Department  
6477 Center St.  
Mentor, Ohio 44060  
Phone (440) 205-2592  
Mr. Jeff Cassella – Athletic Director

Dear Athletic Director/Track Coach,

We would like to take this opportunity to invite your boys and girls track teams to the first annual Mentor Cardinals Middle School Track Invitational. This will be held at Jerome T. Osborne Stadium at Mentor High School on Route 615, in Mentor, on Friday April 21, 2017. Our goal is to invite 12 of the best middle school track programs in the area for an excellent night of track and field. The meet will be invitational style, with prelims (top 8 times to finals) for the sprints. We we will have Fully Automatic Timing for all of the races. We will award team trophies/plaque for first and second place on the boys and girls. We will also award t-shirts for first place, medals for second and third place, and ribbons for fourth through sixth places. The cost per team is **\$100 per team (\$200 per school for both boys and girls) Your placement will be confirmed when your payment is recieved.**

Please make Checks out to Mentor Track and mail them to:

Mentor High School 6477 Center St. Mentor, Ohio 44060 Attn. Bob Berwald

We have enclosed a schedule for you and your coach to look over; note that this time schedule is just for informational purpose only.

**Tentative time Schedule:**

|                     |  |               |
|---------------------|--|---------------|
| <b>4:30</b>         | <b>Field Events</b> -2 entries per team            |               |
|                     | Shot Put-Boys 1st/ Girls 2nd                       |               |
|                     | Discus-Girls 1st/Boys 2nd                          |               |
|                     | Long Jump (open pit Girls 4:30-5:30 & Boys 5:45-7) |               |
|                     | High Jump Boys-1st/Girls 2nd                       |               |
|                     | <u>200m Hurdles Finals</u>                         |               |
|                     | Distance Medley 800, 400, 1200, 1600               |               |
|                     | 110/100 Hurdle Prelims-2 entries per team          | (4-6 Heats)   |
|                     | 100m Prelims-2 entries per team                    | (4-6 Heats)   |
|                     | 4 x 800m relay                                     |               |
|                     | 200 Prelims-2 entries per team                     | (4-6 Heats)   |
| <b>30 Min Break</b> | 110/100m Hurdle Finals                             | (2 Heats G/B) |
|                     | 100m Dash Final                                    | (2 Heats)     |
|                     | 1600m Final  | (2 Heats)     |
|                     | 4x100m Final                                       | (4 Heats)     |
|                     | 400m Final   | (4 Heats)     |
|                     | 4x200m Final                                       | (4 Heats)     |
|                     | 800m Final   | (2 Heats)     |
|                     | 200m Final   | (2 Heats)     |
|                     | 4x400m Final                                       | (4 Heats)     |

If you are interested in participating or have any questions please email **Bob Berwald** [berwald@mentorschools.org](mailto:berwald@mentorschools.org) or **Bill Dennison** [dennison@secondsleohio.com](mailto:dennison@secondsleohio.com)

Thank You,  
Bob Berwald & Bill Dennison-Meet Manager(s)  
Head Girls & Boys Track Coaches  
Mentor High School