

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 2nd 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 20th, 2018**. 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, ribbons for 1st 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 received.**

Please make Checks out to Cardinal Parents Club 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 of Events:

- 4:30** **Field Events**-2 entries per team/3 attempts
Shot Put-(Boys 1st/ Girls 2nd)
Discus-(Girls 1st/ Boys 2nd)
Long Jump (open pit Girls 4:30-6 & Boys 6:15-7:45)
High Jump (Boys-1st/Girls 2nd)
- 200m Hurdles Finals-2 entries per team
100m Prelims-2 entries per team
4 x 800m relay
110/100 Hurdle Prelims-2 entries per team
200 Prelims-2 entries per team
- 10 Minute Break**
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|------------------------|---------------|
| 110/100m Hurdle Finals | (2 Heats G/B) |
| 100m Dash Final | (2 Heats) |
| 1600m Final | (2 Heats) |
| 4x100m Final | (4 Heats) |
| 400m Final | (4-8 Heats) |
| 4x200m Final | (4 Heats) |
| 800m Final | (2-4 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 or **Bill Dennison** dennison@secondsoleohio.com

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