

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 3rd 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 **Thursday April 25th, 2019**. We will continue to have 16 of the best middle school track programs in the area for an excellent night of track and field. The meet will be invitational style. We will have **Fully Automatic Timing** for all of the races. On the track we will have **seeded heats with all heats scoring**. Teams can enter 2 in the open events and 1 team in the relay events. We will award team trophies/plaque for first and second place on the boys and girls. We will also have awards for 1st- 6th place in all events.

The cost 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 and Discus will use common pool (no weigh ins)
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)

5:15 ***All Heats are Finals with all Heats scoring**

* **Girls Run First 4 Heats/Boys 4 Heats**

200m Hurdles Final
4 x 800m relay Final
110/100m Hurdle Final
100m Dash Final
1600m Final (1-2 Heats)
4x100m Final
400m Final
4x200m Final
800m Final (2-4 Heats)
200m Final
4x400m Final

If you are interested in participating or have any questions please email **Bob Berwald** berwald@mentorschools.org or **Bill Dennison** dennison@secondsoleohio.com