

Cardinal Middle School Relays

Tuesday, March 23, 2010

Dear Coach:

We welcome you and your teams to the Cardinal Middle School Relays. This year's meet will include seven teams with four separate divisions.

Classifications

7th Girls, 8th Girls
7th Boys, 8th Boys

Schools Attending:

FWC	Dallas Christian	FW All-Saints
Bethesda	FW Country Day	Arlington Fellowship
Prestonwood	Pantego	Grapevine Faith
Lake Country	Hampton Prep	

Scratch Meeting

Scratch meeting will take place in the weight room at the Cardinal Gym fieldhouse, from 3:00-3:30. All individual heat and lane assignments will be on a first come first serve basis. Relay lanes will be assigned by random drawing prior to the meet. Normal NCAA rules apply. Field events will begin promptly at 4:00. 2400m. run will also begin at 4:00. All other running events will begin at 5:30.

Entry Fees

\$100 per team or a maximum of \$350 if you are entering all four divisions – please remember to bring it with you.

Track Surface

All-weather. Spikes should not be longer than ¼ inch. Absolutely no tape on track or runways.

Camps

Campsites will be permitted on the west side of the stadium, just south of the home stands, excluding the concession stand area. Athletes may also use the visitor side stands. **Home side stands will be used for spectators only.** Participants and coaches will be allowed to enter the track only from the south end of the track. The football field will be used for warm-up only. **No radios** will be allowed in the stands or on the track.

Awards

Medals will be awarded in all divisions for first, second, and third places. Ribbons will be awarded for fourth, fifth, and sixth places. Plaques will be awarded to all relay winners. Championship trophies will go to the winning teams in each division. These should be picked up at the press box upon completion of the meet.

Concession

A concession stand will be available to athletes and fans. Meal deals for athletes will also be available-\$5.00 per meal (includes hamburger, chips, drink, and candy bar). See Coach Smiley to purchase meal deals.

Thank you for your cooperation and participation in this year's meet. If you have any questions, please call or email me at school.

Sincerely,

Rod Johnson
MS Girl's Coordinator
Email: rjohnson@fvc.org
School Phone: 817-520-6513

Daren Miller
MS Boy's Coordinator
Email: dmiller@fvc.org

Scott Smiley
Athletic Director
FWC Athletics

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Schedule of Events

3:00-3:30

Scratch Meeting

4:00

Field Events:

Long Jump 8G, 7G, 7B, 8B – W Pit

Triple Jump 8B, 8G, 7G, 7B – E Pit

Shot Put 7G, 7B, 8G, 8B – N Ring

Discus 8G, 8B, 7G, 7B – S Ring

High Jump 7B, 8B, 8G, 7G – N End

Pole Vault 7G/8G, 7B/8B – S End

{Pole Vault: 7/8 Girls jump together followed by 7/8 Boys}

*Each competitor will receive **3** jumps or throws

*Opening Heights: High Jump 7G – 4'0"?

8G – 4'2"?

7B – 4'4"

8B – 4'6"

Pole Vault 7/8 Girls - ?

7/8 Boys - ?

4:00

2400M Run (7G, 8G, 7B, 8B)

5:30

Running Finals (7G, 8G, 7B, 8B)

400 Relay

800 M.

100 Hurdles (Girls)

110 Hurdles (Boys)

100 M.

800 Relay

400 M.

300 Hurdles

200 M.

1600 M.

1600 Relay

**Reminder: Awards can be picked up in the press box at the conclusion of the meet.*