



# 2024 Co-ed Cardinal Relays

**Maquoketa High School**

**Monday, April 29th at 4pm**

**Field Events- 4:00**

**Running Events- 4:00**

Maquoketa High School welcomes you to the running of the Cardinal Relays. The following schools have been contracted to participate in this years meet:

## **Girls**

Cascade

Clinton

Maquoketa

Bellevue

Northeast

Midland

Dav. West

Marq Catholic

Easton Valley

## **Boys**

Bellevue

Wahlert

Midland

Maquoketa

Marq Catholic

Dav Central

## **Track**

- 400 Meter all-weather eight lane track.
- Spikes should be no longer than ¼ inch in length. Please make sure your athletes are not wearing longer spikes.
- Discus and shot put areas are concrete
- Long Jump and High Jump areas are an all-weather surface (same as track)

## **Rules and Scoring**

- IGHSAU rules and regulations will be followed for the Cardinal Relays
- Individual and Relays: 10-8-6-4-2-1

## **Awards**

Medals to top 3 place finishers in Individual Events

- Medals to top three teams in Relays

## **Entries**

- Relays – 1 Varsity and 1 JV (varsity only 4x 800)
- Individual Running – 2 Varsity Only, ***no individual JV running events***
- Field events
  - Shot Put - 2 Varsity (4 throws no finals) and 3 JV (3 throws)
  - Discus - 2 Varsity (4 throws no finals) and 3 JV (3 throws)
  - Long Jump - 2 Varsity (4 Jumps no finals) 2 JV (3 jumps)
  - High Jump – 2 Varsity
  -
- Heats will be based on seed times
- **Please have entries in by 12 PM April 28th**
  - Enter your roster and entries on the following website
  - [http:// www.Milesplit.com](http://www.Milesplit.com)

## **Entry Fee**

- \$100 per boys team, \$100 per girls team. Please send check to Maquoketa High School
- Admission: \$6 and \$6 for fans

## **Coaches Meeting**

- No coaches meeting, bring your scratches to the finish line

### **Field Events**

4:00 Shot Put—Girls V-JV 4 throws, no finals Boys to follow  
4:00 Discus Boys V-JV 4 throws, no finals Girls to follow  
4:00 High Jump Girls, followed by boys  
4:00 Long Jump Boys 4 jumps followed by girls

### **4:00 Running Events**

**800 Sprint Medley G (JV-V) Final**

**800 Sprint Medley B (JV-V) Final**

**3000 meter run G Final**

**3200 meter run B Final**

**4 X 800 meter relay G (JV-V) Final**

**4 X 800 meter relay B (JV-V) Final**

**Shuttle Hurdle Relay G (JV-V) Final**

**Shuttle Hurdle Relay B (JV-V) Final**

**100 Meter Dash G/B Final**

**1600 Meter Medley Relay G (JV-V) Final**

**1600 Meter Medley Relay B (JV-V) Final**

**400 Meter Dash G/B Final**

**4 x 200 Meter Relay G (JV-V) Final**

**4 x 200 Meter Relay B (JV-V) Final**

**100 Meter Hurdles G Final**

**110 Meter Hurdles B Final**

**800 Meter Run G Final**

**800 Meter Run B Final**

**200 Meter Dash G/B Final**

**400 Meter Hurdles G/B Final**

**Sr Night**

**1500 Meter Run G Final**

**1600 Meter Run B Final**

**4 x 100 Meter Relay G (JV-V) Final**

**4 x 100 Meter Relay B (JV-V) Final**

**4 x 400 Meter Relay G (JV-V) Final**

**4 x 400 Meter Relay B (JV-V) Final**

