



2014 Boys' Cardinal Relays



Maquoketa High School

Thursday, April 30th at 4:30pm

Field Events- 4:30

Running Events- 5:00

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

Bellevue Maquoketa Marquette Davenport North
Camanche Easton Valley Wahlert Catholic

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

- IHSAA rules and regulations will be followed for the Cardinal Relays
- Team Scoring will be 10-8-6-4-2-1

Awards

- Medals to top three place finishers in Individual Events
- Medals to top three teams in Relays
- First place team plaque to championship team

Entries

- Relays---1- Varsity and 1- JV
- Individual Running---2-Varsity and 2- JV
- 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 finals) 3 JV (3 jumps)
 - High Jump—2 Varsity—Starting height will be at 5'2"
- **Please have initial entries in 4-29 at 12pm (noon)**
 - Enter your roster and entries on the following website
 - www.directathletics.com

Entry Fee

- \$80 per team. Please send check to Maquoketa High School
- Admission: \$5 for all fans

Coaches Meeting

- 4:00 PM in the new wing of the HS room 403

Field Events

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|------|--|--------------------|
| 4:30 | Shot Put—V(West ring)
Shot Put-- JV | High Jump--Varsity |
| 4:30 | Discus—JV | Long Jump--Varsity |
| 5:00 | Discus--V | Long Jump--JV |

5:00 **Running Events**

- 3200 meter run
- 4 X 800 meter relay
- Shuttle hurdle relay
- 100 meter dash
- 100 meter wheelchair
- 400 meter dash
- 400 meter wheelchair
- 4 X 200 meter relay
- 1600 meter run
- 110 meter hurdles
- 200 meter dash
- 200 meter wheelchair
- 400 meter hurdles
- 1600 meter medley relay
- 800 meter run
- 4 X 100 meter relay
- 4 X 100 meter weight man relay
- 4 X 400 meter relay

