

## 2022 Mentor Cardinal Relays

1. Fees must be paid by Friday April 30th, Lineups are due on Baumspage Friday April 30th at 12:00pm (noon).
2. Open races – Each team may enter 2 participants in the 800, 1600, 3200, 100, 100/110 Hurdles, and 300 Hurdles
3. Track relays will require 4 participants to a team; field relays will require 3 participants to a team. In order to have a well-balanced team, each team must enter at least 6 of the 12 running events.
4. There will be a scratch meeting at 8:30 am. Field event entries may be scratched at the individual performance area.
5. The point system will be scored 8 places 10-8-6-5-4-3-2-1.
6. Participating coaches and team members will be required to remain in the stands unless called for an emergency or participating in events. Any complaint filed against a coach or participant for being on the field may result in forfeiting his/her team's points in the event in progress.
7. All awards will be given to each school at the conclusion of the meet.
8. The distance medley will be run in this order: 800-400-1200-1600.
9. The sprint medley relay will be run in this order: 100-100-200-400.
10. For shot put, discus, and long jump each contestant will be allowed 4 trials, with the best mark to count. Teams will compete in flights.
11. High jump for females will start at 4'2"-4'5"-4'8"-4'10"-5'-5'2" then up by 1 inch. The high jump for males will start at 5'2"-5'5"-5'8"-5'10"-6'-6'2" then up by 1 inch
12. We will only have one pit for pole vault. Pole vault for females will start at 6' increasing to 7' then by 6" until 10' then by 3". The boys will start at 9' increasing to 10' then by 6" until 13' then by 3".
13. Spikes: a)1/4" maximum for use on the Mentor High track. b) Long jump on the all-weather surface will allow a1/8" maximum spikes. High jump spikes may be a maximum of 1/4".

**Warm ups in the End Zone area of the Football Field ONLY**

**-No team camps on the football field!**