

University of The Incarnate Word

1st Annual High School Cardinal Relays

When: February 26, 2010 (Friday)

Where: UIW Tom Benson Track Stadium
San Antonio, Texas

Time: 12:00 (Noon)

Relays Only

4X100

Weight-Man/Women 4x100

4X200

4X400

4X800

4X1600

DMR

Sprint Medley (100,100,200 & 400)

Shuttle-Hurdle Relay (4x100 Straight-a-away)

Entry Fees: Single Teams (Girls or Boys): \$125: Both Teams \$225.00

*****No same day entries will be permitted*****

ENTRY FEES MUST BE PAID BEFORE OR ON MEET DAY NO BILLING!

Don't Miss Out on this Early Season Opportunity!

Please indicate your confirmation in attending by checking one of the following:

We will attend _____

We will not attend _____

Your school contact information:

Email _____

Phone Number _____

Meet Director:

Rosemary DuPree
210-832-5650 (Office)
rdupree@uiwtx.edu



Asst. Director

Derek Riedel
210-805-3566
riedel@uiwtx.edu

Fax: 210-805-3574

Visit us @ www.cardinalathletics.com
Proud Cardinal Sport

Registration will be available at Direct Athletics: Search for Cardinal Relays

Schedule of Events:

12:00 (Noon)	4x1600 Meter Relay	Girls
	4x1600 Meter Relay	Boys
12:45 p.m.	4x100 Meter Relay	Girls
	4x100 Meter Relay	Boys
1:05 p.m.	4x100 Weight-Women Relay	Girls
	4x100 Weight-Man Relay	Boys
1:15 p.m.	4x100 Shuttle-Hurdle Relay	Girls
	4x100 Shuttle-Hurdle Relay	Boys
1:45 p.m.	Distance Medley Relay (DMR) (1200, 400, 800, 1600)	Girls
	Distance Medley Relay (DMR) (1200, 400, 800, 1600)	Boys
2:30 p.m.	4x200 Meter Relay	Girls
	4x200 Meter Relay	Boys

Coaches Fun Event

2:45-3:05 p.m.	400 Meter "Fun Racewalk"	Women
	400 Meter "Fun Racewalk"	Men
3:10-3:40 p.m.	4x800 Meter Relay	Girls
	4x800 Meter Relay	Boys
3:45-3:55 p.m.	Sprint Medley Relay (100, 100, 200, 400)	Girls
	Sprint Medley Relay (100, 100, 200, 400)	Boys
4:00 p.m.	4x400 Meter Relay	Girls
	4x400 Meter Relay	Boys

****This is a tentative time schedule and subject to change based on the number of entries.