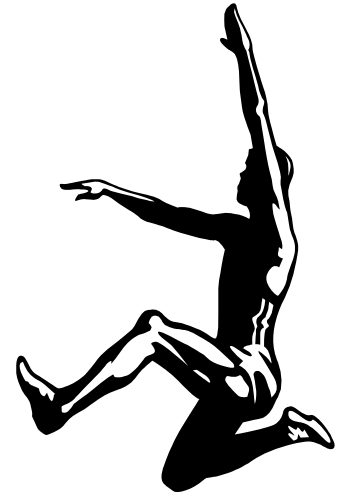


University of The Incarnate Word



CARDINAL Last Chance Meet



When: May 13, 2010 (Thursday)

Where: UIW Tom Benson Track Stadium
San Antonio, Texas

Time: 3:00 p.m. *(Starting with the Field Events)*

Throwing Events will be contested at nearby Trinity University
(Shuttle provided to participants and coaches)

Don't Miss Out on this Last Chance of Opportunity!

Entry Fees:

Teams: \$100.00 Per Team (Men and Women Separate) (10 or more athletes)
Less than 10 athletes = \$10.00 Per Athlete
Unattached Athletes: \$15.00

All entries submitted to Direct Athletics!

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

Will attend _____ *Will not attend* _____

Your institution contact information:

Email _____ Phone# _____

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

Schedule of Events:

Field Events:

3:00 p.m.	Pole Vault (@ UIW)	Men/Women
	Long Jump (@ UIW)	Women/Men
	Shot Put (@ Trinity University)	Men/Women
	Javelin Throw (@Trinity University)	Women/Men
	The shuttle will leave UIW scoreboard for Trinity at 1:45.p.m. for Shot Put/Javelin	
5:00 p.m.	Triple Jump (@ UIW)	Men/Women
	High Jump (@ UIW)	Women/Men
5:30 p.m.	Discus (@ Trinity University)	Women/Men
	The shuttle will leave UIW scoreboard for Trinity at 4:15 p.m. for Discus	

Running Events:

6:00 p.m.	4x100 Meter Relay	Women/Men
6:15 p.m.	1500 Meter Run	Women/Men
6:30 p.m.	110 H Meter Hurdles	Men
6:40 p.m.	100 Meter Hurdles	Women
6:50p.m.	400 Meters	Women/Men
7:05 p.m.	100 Meters	Women/Men
7:20 p.m.	800 Meter Run	Women/Men
7:45 p.m.	400 Meter Hurdles	Women/Men
8:00 p.m.	200 Meters	Women/Men
8:10 p.m.	5,000 Meter Run	Women/Men
8:45 p.m.	4x400 Meter Relay	Women/Men
8:55 p.m.	3,000 Meter Steeplechase	Men
	3,000 Meter Steeplechase	Women

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