

# University of The Incarnate Word

## 1<sup>st</sup> 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](mailto:rdupree@uiwtx.edu)



Asst. Director

Derek Riedel  
210-805-3566  
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Visit us @ [www.cardinalathletics.com](http://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***

<b><i>2:45-3:05 p.m.</i></b>	<b><i>400 Meter "Fun Racewalk"</i></b>	<b><i>Women</i></b>
	<b><i>400 Meter "Fun Racewalk"</i></b>	<b><i>Men</i></b>
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.