



University of the Incarnate Word



Cardinal Relays

Tom Benson Track Stadium
San Antonio, Texas
Friday, February 26, 2010

Welcome!!

We are delighted to have you and your teams represented at our 1st Annual High School Relay Meet. We hope that your experience is a great one and brings you back for many years to come. Again, welcome and thank you for your attendance. Great Competition to you ALL!!

Start Time:

12:00 Noon

Site:

Tom Benson Track Stadium, University of the Incarnate Word, 4301 Broadway, San Antonio, TX 78209

Entry Guidelines:

This is a High School **Relay Only** Meet. Teams must be from a High School Track Program. No club teams allowed. **All entries must be completed via Direct Athletics website** at www.directathletics.com You may enter up to 3 Relays per team/per gender. There will be no add-ons.

Entry Fee:

\$225.00 (Boys & Girls) Both Teams
\$150.00 (Boys or Girls) Single Teams

Entry Deadline:

All entries must be **completed by February 23, 2010** (12:00 Midnight). **NO LATE ENTRIES ACCEPTED!!**

Payments:

All payments are due to the University of Incarnate Word Track & Field Office on February 26, 2010. No Payment, No entry. There will be **NO** payment plans or billing. **ALL PAYMENTS DUE THIS DAY IN FULL** upon check-in!

Packet Pick-up:

All packets are available for pick-up on February 25th (call to arrange pick-up) from 5-6 p.m. and February 26th from 8:30-11:00 a.m.



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Participants and Coaches Credentials:

All athletes and coaches will receive wristbands to enter and compete. **Wristbands must be worn throughout the day.** No wristband, No entry, No competition. There will be a replacement fee of \$2.00 for lost wristbands.

Spectator Fee:

Free: 0-5 Years and UIW Track Booster Members with membership card

\$3.00: 6-11 Years

\$5.00: 12 & Older

Timing:

Hy-Tek

Advancement:

ALL RELAYS WILL BE RUN AS TIMED FINALS ONLY

Awards:

The Top (3) Places per event will receive medals. Team trophies awarded to the top men & women overall. This will be a scored meet.

Warm-up:

The track will be open on February 26th from 9:00-11:00 a.m. for warm-up and exchanges.

Check-In:

All relay teams (All 4 Runners) will be required to check-in the clerking tent for their respective event with the relay card provided in the packets. **Relay cards must have team name, first and last names of each runner.**

All athletes will be checked for proper relay attire, approved spikes and legitimacy of competing.

Meet Rules:

All UIL rules will be enforced. There will be **NO** food, gum or drinks allowed on the field or track. All electronic devices, cell phones etc. will be kept and limited to the bleacher area. All athletes must be ready to run when reporting to the clerking tent. No additional clothing, bags etc. allowed in this area. UIW/Meet Management reserve the right to dismiss any athlete from competition for violating any UIL or facility rules.



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Coaches Meeting:

There will be a short coaches meeting at 11:15 a.m. to go over rules, meet information and instructions. All coaches need to be in attendance. We will announce where the coaches meeting will be held. Listen for announcements over the PA system.

Track Markings:

Only white athletic tape allowed for use on the track. **No chalk, cones or other objects permitted!!**

Attire:

Each runner of the relay team must have identical uniforms, no mid-drifts, no jewelry, spikes $\frac{1}{4}$ "(NO OMNI, NEEDLE OR CHRISTMAS SPIKES ALLOWED) and required wrist band. If any runner doesn't follow these rules, he/she will be asked to leave the area to make corrections or be disqualified.

Results:

All meet results will be posted on the wall behind the bleachers (by the restrooms) shortly after each race. They will also be online at: www.iaapweb.com/brainpower

Seeding/Heating:

Relay teams will be heated based on times submitted when entering. NO TIME CHANGES WILL BE PERMITTED.

Medical:

Basic Medical Services are provided on-site.

Parking:

Available: Open areas for vans and buses (behind Convocation Center and Ann Barshop Natatorium). There are several Parking Garages for cars. View map, enclosed in this packet.

Food:

There will be full concessions available.

Souvenirs:

There will be a limited amount of custom "Cardinal Relay" T-shirts sold at \$15.00 each.

Lost & Found

Any lost items that are found and turned in will be located in the clerking tent. You must have an I.D. to retrieve items.

If there are any questions or concerns, please feel free to contact, Coach Rosemary DuPree at www.rdupree@uiwtx.edu .

