

# University of The Incarnate Word



## 1<sup>st</sup> Annual Cardinal Track & Field Invitational



**When:** February 27, 2010 (Saturday)

**Where:** UIW Tom Benson Track Stadium  
San Antonio, Texas

**Time:** **12:00 Noon** (*Starting with the Field Events*)

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

### Premiering Sprint & Distance Medley Relays

**Come Join the Cardinals in a fan friendly environment!**

**Don't Miss Out on this Early Season Opportunity!**

**Entry Fees:** Single Teams: \$150.00----Both Teams: \$275.00  
Unattached Athletes: \$15.00 up to 3 events.

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

*We will attend* \_\_\_\_\_

*We will not attend* \_\_\_\_\_

Your institution contact information:

Email \_\_\_\_\_ Phone Number \_\_\_\_\_

**Meet Director:**

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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 Invitational

## Schedule of Events:

### Field Events:

12:00 (Noon):	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 <b>UIW scoreboard</b> for Trinity at 10:45 a.m. for Shot Put/Javelin	
2:00 p.m.	Triple Jump (@ UIW)	Men/Women
	High Jump (@ UIW)	Women/Men
2:30 p.m.	Discus (@ Trinity University)	Women/Men
	The shuttle will leave <b>UIW scoreboard</b> for Trinity at 1:15 p.m. for Discus	

### Running Events:

3:30 p.m.	Distance Medley Relay (1200, 400, 800, 1600)	Women/Men
3:45 p.m.	4x100 Meter Relay	Women/Men
4:00 p.m.	1500 Meter Run	Women/Men
4:15 p.m.	110 H Meter Hurdles	Men
4:25 p.m.	100 Meter Hurdles	Women
4:40 p.m.	400 Meters	Women/Men
4:55 p.m.	100 Meters	Women/Men
5:15 p.m.	800 Meter Run	Women/Men
5:30 p.m.	Sprint Medley Relay (100,100,200,400)	Women/Men
5:45 p.m.	400 Meter Hurdles	Women/Men
6:00 p.m.	200 Meters	Women/Men
6:20 p.m.	5,000 Meter Run	Women/Men
6:50 p.m.	4x400 Meter Relay	Women/Men

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