

2020 CARDINAL INVITATIONAL

- DATE: Tuesday, April 21, 2020
- SITE: Eleva Strum Central High School
- TIME: 3:50P Coaches meeting, scratches only, no additions
4:15P Field events, **4x800 Relay**
4:30P Remaining Running events, no trials.
- ENTRIES: **Three athletes per RUNNING and FIELD events, one relay team.**
WIAA 4 event limit enforced (no more than 3 field or 3 running)
Deadline to post entries **NOON Sunday, April 19** on pttiming.com
- SCORING: 10 8 6 5 4 3 2 1
Medals for first, second and third place
Trophies for first place, boys and girls teams
- EQUIPMENT: Blocks will be provided. ¼" spikes allowed on all-weather surface
- FIELD EVENTS: 3 Vertical Jumps, 3 Throws, no finals
Long/Triple Jump Cafeteria style (pit open from 4:15-6:45P)
Boys – Pole Vault and Discus first
Girls – High Jump and Shot first
- ADMISSION: \$3 for Adults, \$1 for students
- CONCESSIONS: Available throughout the meet.
- TEAMS: Altoona, Augusta, Alma Center Lincoln, CV Lightening, EC Immanuel,
Elk Mound, Fall Creek, G-E-T, Gilman, Granton, Independence-
Gilmanton, Osseo/Fairchild, Regis and Eleva-Strum
- QUESTIONS: Nadine Rovang, Head Coach
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