



**CARDINAL MIDDLE SCHOOL**  
**Comet Invitational – Harold Sharp Track**

**To:** AD/Middle School Track Coaches (Boys and Girls)  
**Meet Date:** Monday, April 20, 2026 Time: 4:30pm  
**Entry Fee:** \$100.00 Per Team – Boys and Girls - \$200 Total

Return entry fee to: Cardinal High School: Attn - Cindy Lindner  
4045 Ashland Road  
Eldon, IA 52554

**Awards:** Ribbons for 1st-6th in individual events and relays and a plaque for the champions  
**Teams:** Cardinal, Eddyville-Blakesburg, Van Buren Co, Pekin, Fairfield

**Online Entry: Deadline is 8 PM on 4/19/2026. No changes will be made before the meet however, scratches can be made with the clerk. NO EXCEPTIONS**

Chris Becker 641-777-7285  
[chris.becker@cardinalcomet.com](mailto:chris.becker@cardinalcomet.com)

### General Information

1. Required Spikes: 1/8" pyramid, No needles. No spikes on field events (except Long Jump)
2. **DO NOT USE TAPE on our track or jumping surfaces! Please use small objects such as halved tennis balls or whiffle balls etc.**
3. Buses-please park in the gravel lot south of the softball field..
4. Coaches report to the start/finish line to confirm entries and obtain necessary information.
5. We will furnish starting blocks. There are 6 blocks at each start line. **DO NOT MOVE THEM.**
6. All events will follow the schedule. Instruct your athletes to report to the NORTH End of the track. Same as in the past.
7. The shot and discus will be thrown on the field **south** of the Activity Center.
8. The long jump is at the north end of the track.
9. The high jump is at the south end of the track..
10. You may set up camps **outside** of the track fence. ***Stay off of the football field.*** Warm-up and stretch on the back stretch. **COACHES PLEASE DO NOT ASK THE TIMERS OR RECORDER FOR TIMES! You will get results after the meet!**
11. Scoring – Relays – 10,8,6,4,2,1 Individual – 10,8,6,4,2,1
12. You may enter 4 individuals in field events, 3 in running events and 2 relay teams but only 2 individuals and 1 relay may score.
13. **We use Bound for meet registration. If you have any issues, please contact me.**  
<https://manager.gobound.com/ia/schools/cardinal/2025-26/events/registrations/h2026022409025577209c2d4ed36f24b/responses>

**COMET INVITATIONAL TIME SCHEDULE**  
**Order of Events**

4:30 Field Events

Discus – Boys 1st. 3 throws  
High Jump – Girls 1st Start at 3'10", 4'  
Long Jump – Boys 1st. 3 attempts  
Shot Put – Girls 1st. 3 throws

5:00 Running Events

4x800 Relay - Girls/Boys  
Shuttle Hurdle Relay - Girls/Boys  
100 m Dash - Girls/Boys  
1600 m Medley Girls/Boys  
400 m Dash - Girls/Boys  
4x200 Relay - Girls/Boys  
1500 m Run  
1600 m Run  
100 m Hurdles - Girls/Boys  
200 m Dash - Girls/Boys  
800 m Medley Relay - Girls/Boys  
200 m Hurdles - Girls/Boys  
800 m Run - Girls/Boys  
4x100 Relay - Girls/Boys  
4x400 Relay - Girls/Boys

\*\* If you are doing more than 1 field event, please report to both judges and advise them of this. They will place you in order accordingly.

You may enter 4 individuals in field events, 3 individuals in running events, and 2 relay teams.

**Coaches report upon arrival to the Start/Finish Line for scratches and any questions you may have.**

**Individual results and ribbons will be available following the meet. (Results will need to be run off, but should take only a few minutes)**