

COUGAR INVITATIONAL

(Tentative) MEET TIME TABLE

* Time Table subject to number of school attending

* This is run as a True Team Meet with 3 competitors in each event

3:00 COACHES MEETING

3:30 FIELD EVENTS

Pole vault starting height 8', 9', 10' then 6"

High jump starting height 5', 5'3", 5'6" then 2 "

Long jump/Triple open pits from 3:30 - 6:00

JV Long/Triple jump open pit from 6:00 - 7:20 (marks only)

Varsity shot put followed by Discus

(JV opposite only 6 throwers per school)

4:00 RUNNING EVENTS

4:00 JV 100 meter dash

4:15 4 * 800 meter relay

4:30 110 meter high hurdles

4:45 100 meter dash

5:00 4 * 200 meter relay

* 5:10 1600 meter run **(2 heats)** heat 1 #'s 1 & 2, heat 2 #3

5:25 JV 1600 meter run

5:35 4 * 100 meter relay

5:45 400 meter dash

5:55 JV 400 meter dash

6:20 300 I.M. hurdles

* 6:35 800 meter run **(2 heats)** heat 1 #'s 1 & 2, heat 2 #3

6:45 200 meter dash

6:55 3200 meter run **(1 heat)**

7:10 4 * 400 meter relay

7:20 JV 4*400 meter relay

7:30 **AWARDS**

* could be done as one heat if coaches agree or if need to due to weather.