



COUGAR RELAYS

Saturday, March 12th, 2016



Kearns High School

5525 Cougar Ln, Kearns, UT 84118

9:00 Coaches meeting

9:30 start time

Ribbons will be given to the top three teams in each Varsity event; winner of the Cougar Mile will receive a t-shirt. Plaques will be given out to the top two teams.

Track events will include:

Shuttle Hurdles (Varsity only)
4x100 Relay (JV and Varsity)
4x200 Relay (JV and Varsity)
4x400 Relay (JV and Varsity)
4x800 Relay (JV and Varsity)
"Cougar Mile" 4x1600 Relay (Varsity only)
JV Mile (non-relay, unlimited participants)
Sprint Medley Relay (JV and Varsity)
Distance Medley Relay (JV and Varsity)
Thrower's 4x100 Relay ("Varsity" only)

Field events will include*:

Shot Put
Discus
Javelin
Long Jump
High Jump
Pole Vault (not scored)

*Four compete in varsity three score

- All events will be run girls followed by boys – JV then Varsity.
- Registration and timing will be through RunnerCard.
- Cost is \$100 per team.
- Concessions will be sold on site.
- Coaches will receive a ticket for a free lunch.
- Discounted entry for teams who will help run field events.

Any questions/concerns please contact Andy Gorder at 253-222-8242 or agorder@gmail.com



Order of events – will go JV then Varsity, Girls then Boys. Rolling schedule.

9:00 Coaches meeting, 9:30 start

Shuttle Hurdles

4x800 Relay

4x100 Relay

Distance Medley Relay

4x200 Relay

20 minute intermission

“Cougar Mile” (scored as 4x1600 Relay)

Sprint Medley Relay

4x400 Relay

Thrower’s 4x100 Relay

High Jump – 10:00

Shot Put – 10:00

Javelin – 11:00

Long Jump – 12:00

Discus – 12:00