

COUGAR INVITATIONAL TRACK AND FIELD MEET

**SATURDAY MARCH 13th, 2010
NEWARK MEMORIAL HIGH SCHOOL
39375 CEDAR BL. NEWARK, CA. 94560**

FIRST RACE 9:00

Coaches,

You and your team are cordially invited to participate in this years Cougar Invitational track and field meet at Newark Memorial High School. This will be held Saturday, March 13th. Attached, you will find meet information.

Sincerely,
Tony Varesio,
Head Coach



DIVISIONS:

**FROSH-SOPH BOYS AND GIRLS
VARSITY BOYS AND GIRLS**

**EVENTS: DM (1200, 400, 800, 1600)
4X100/110M SHUTTLE HURDLE RELAY
4X100M RELAY
1500M RUN
100M DASH (2 ENTRIES/DIVISION/TEAM)
400M DASH
4X800M COED RELAY (ALT. G-B-G-B)
4X200M RELAY
THROWERS 4X100 RELAY
3000M RUN
4X400M RELAY**

- **FIELD EVENTS: LONG, TRIPLE, HIGH JUMPS, POLE VAULT, SHOT, DISCUS.
(LJ, TJ 3 ATTEMPTS, NO FINALS)**
- **MINIMUM MEASURED DISTANCES IN THROWS WILL BE BASED ON ENTRIES.**
- **COST: \$5.00 IND. EVENTS, \$10.00 RELAYS, \$100.00 MAXIMUM PER DIVISION,
\$350.00 FOR FOUR DIVISIONS.**
- **MEDALS: 1st THROUGH 3rd, NO TEAM SCORING**
- **TIMING: FULLY AUTOMATIC**
- **ENTRIES: VIA EZMeets.com**
- **CONCESSIONS, T-SHIRTS AVAILABLE**
- **MEET WILL GO ON RAIN OR SHINE**