

The 29th Annual COUGAR CLASSIC

Individual Events for Frosh, Soph, Novice AND Relays for Varsity

Saturday, April 13, 2013

Sponsored by Columbia High School, Maplewood, NJ

Underhill Field (Mondo Track): 58 Burr Road Maplewood, NJ 07040

We cordially invite you to participate in the **COUGAR CLASSIC**.

This meet is offering a format that will allow ALL your athletes to compete, at different levels. **NEW THIS YEAR: Fully Automatic Timing!!**

Individual Events for Frosh, Soph, and Novice:

- Boys – Frosh, Soph, Novice
- Girls – Frosh, Soph, Novice

Varsity Relays will include:

- Shuttle Hurdle Relay
- 4 x 100
- 4 x 400
- 1600 M Sprint Medley (200, 200, 400, 800)
- 4 x 800
- **800 M Sprint Medley (100,100, 200, 400) National Qualifier**
- Distance Medley (1200, 400, 800, 1600)
- Throwers 4 x 100 Relay
- **Three Person Shot Put, Discus, and Javelin Relays**

Entry Form is attached. Early Responses are greatly appreciated. Please **respond no later than Monday, April 8th, 2013.**

Send entries to:
Columbia High School
Attn: Lisa Morgan – Track
17 Parker Avenue
Maplewood, NJ 07040

E-mail Team Rosters in **Hy-Tek** Format by Monday, April 8, 2013 to: Len Pietrewicz mctca@gti.net
Do Not send copy via word, excel, htm, or anything else
Call 973-895-6005 if you have any questions.



If necessary, you may Fax your entry in
School Fax #: 973- 761-1537 Any questions: Call Lisa - 973-419-9249 or E- mail:
coachmorgan1@yahoo.com.

Entries can be found on: www.njrunners.com www.mctrack.org
essexcountytrack@bizland.com, or www.armorytrack.com

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Saturday, April 13, 2013

Sponsored by Columbia High School, Maplewood, NJ

Site: Underhill Field

ALL EVENTS BEGIN AT 9:00 AM

Order of Events:

Individual Events

Boys Frosh
Boys Soph
Boys Novice
Girls Frosh
Girls Soph
Girls Novice

Varsity Relays

Boys Followed by Girls

Throws Relays

Girls Followed by Boys
Javelin, Discus, Shot

Field Events

(Individual)

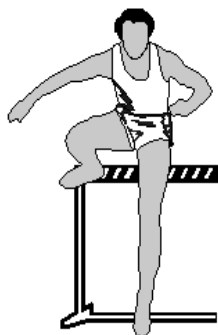
Boys-Shot, Jav, Disc
Girls-Disc, Shot, Jav
Long Jump- Boys First
High Jump- Girls First

Awards

Medals for first, second and third in each Frosh, Soph, Novice event

T-shirts for winners of all **Varsity relays**

Medals for second and third place finishers in Varsity relays



Order of Events:

- VARSITY RELAY- Shuttle Hurdle Relay
- VARSITY RELAY –Distance Medley – 1200, 400, 800, 1600 - Boys First – followed by girls
- 1600 M – Groups may be combined!
- VARSITY RELAY – 1600 SPRINT MED (200, 200,400,800)
- 100 M – Medals to each heat winner ... NO FINALS
- VARSITY RELAY – 4 x 800 – Boys First
- 400 M
- VARSITY RELAY – 4 x 100 – Boys First
- 110 / 100 M Hurdles ...medals to heat winners NO FINALS
- 800 M
- VARSITY RELAY: 800 M Sprint Medley – 100, 100, 200, 400 - Boys First
- 3200 M – Groups may be combined!
- 200 M
- Throwers Relay 4 x 100
- **COACHES 4 X 100 Relay (NEW) 1st 6 teams interested!**
- VARSITY RELAY – 4 x 400 – Boys First

NO STARTING BLOCKS

¼ inch SPIKES ONLY PLEASE!

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Underhill Field: 58 Burr Road Maplewood, NJ 07040

ENTRY FORM

School: _____ Coach: _____
 Address: _____ Home Phone: _____
 _____ School Phone: _____
 E-mail: _____ School FAX: _____

List the number of athletes entered in the box opposite the event:

<u>EVENT</u>	<u>FB</u>	<u>SB</u>	<u>NB</u>	<u>FG</u>	<u>SG</u>	<u>NG</u>	<u>TOTAL</u>
100 M.							
200 M.							
400 M.							
800 M.							
1600 M.							
3200 M.							
110 / 100 M. Hurdles							
Long Jump							
High Jump							
Shot Put							
Discus							
Javelin							

<u>VARSITY RELAYS</u>	<u>Boys</u>	<u>Girls</u>
4 x 100		
4 x 400		
4 x 800		
800 M Sprint Medley		
Distance Medley		
1600 M Sprint Medley		
Shuttle Hurdle		
Throwers 4 x 100 Relay		
Throwing Relays limit to 1 entry per Gender		
3 Person Javelin Relay		
3 Person Shot Put Relay		
3 Person Discus Relay		

Unlimited entries for one team price!

Girls Team Entry	\$350
Boys Team Entry	\$350
Boys & Girls Team Entry	\$600

RELAYS:

\$15.00 X _____ = \$ _____

INDIVIDUALS:

\$ 6.00 X _____ = \$ _____

TOTAL ENCLOSED = \$ _____

Make checks payable to: C.C.I.O.T.C