

The 32nd Annual COUGAR CLASSIC

Individual Events for Frosh, Novice AND Relays for Varsity

Saturday, April 11, 2015

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. **FULLY AUTOMATIC TIMING!!**

Individual Events for Frosh, Novice:

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

Varsity Relays will include:

- **Swedish Relay (100, 200, 300, 400) National Qualifier** **New Event!!!**
- 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 6th, 2015.**

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 6, 2015 to: Chuck Keegan
coach_keegan@yahoo.com

Do Not send copy via word, excel, htm, or anything else
Call 973-902-4918 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.armorytrack.com
essexcountytrack@bizland.com or www.mctrack.org

The 32nd Annual COUGAR CLASSIC

Individual Events for Frosh, Novice AND Varsity Relays

Saturday, April 11, 2015

Sponsored by Columbia High School, Maplewood, NJ

Site: Underhill Field

ALL EVENTS BEGIN AT 9:00 AM

Order of Events:

Varsity Relays

Boys Followed by Girls

Throws Relays

Girls Followed by Boys
Javelin, Shot, Discus

Individual Events

Boys Frosh
Boys Novice
Girls Frosh
Girls Novice

Field Events

(Individual)

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

Awards

Medals for top 6 in each Frosh, Novice events

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

Medals for second and third place finishers in Varsity relays



Order of Events: *Boys followed by girls*

- **Varsity Relay –Distance Medley – 1200, 400, 800, 1600**
- **Varsity Relay Swedish Relay (100, 200, 300, 400)**
- 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**
- 400 M
- **Varsity Relay – 4 x 100**
- 110 / 100 M Hurdles ...medals to heat winners NO FINALS
- 800 M
- **Varsity Relay: 800 M Sprint Medley – 100, 100, 200, 400**
- 3200 M – Groups may be combined!
- 200 M
- Throwers Relay 4 x 100
- **Coaches 4 X 100 Relay 1st 6 teams interested!**
- **Varsity Relay – 4 x 400**

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:

(Limit of only 4 for Freshman 100 & 200; Limit of only 5 for Novice 100 & 200)

<u>EVENT</u>	<u>FB</u>	<u>NB</u>	<u>FG</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					

<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		
Swedish Relay (1, 2, 3, 4)		
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!
6 max competitors per event

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

RELAYS:

\$16.00 X _____ = \$ _____

INDIVIDUALS:

\$ 8.00 X _____ = \$ _____

TOTAL ENCLOSED = \$ _____

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

