

Cougar Classic Track Invitational 2010

Dear Coach:

Enclosed you will find the contract for the 2010 Cougar Classic Track Invitational. We look forward to a high level of competition at this meet. **We will have Accutrack timing available again like last year.** All races will be seeded according to times that are given during registration. All horizontal jumps and throws will be given 4 attempts. There will be NO pole vault competition at this meet unfortunately. All entries and scoring will be done by the Sydex Meet Manager program.

The meet will be held on the Old Beaumont High School (now San Geronimo MS located at 1591 Cherry Ave.) campus on **March 27th, 2010**. The first event will start at 9 am sharp. The four levels of competition for this meet will be: Boys and Girls Varsity and Boys and Girls Frosh/Soph. I am asking that we limit entries to 4 athletes per event, per level. This is an all weather track.

Important Information:

Coaches' Meeting: 8:15 am in the weight room which is directly east of the track (all scratches must be done at this time. There will be no additions, unless there are scratches, then empty slots can be filled up. No new races or flights will be added though.) Field events will start at 9am and running events at 9:30 am.

Spikes: We are requesting use of 1/4" or shorter spikes. There will be spikes available for sale for \$2.

Clerk of the Course will be located on the southeast corner of the track for running events. Field events will check in at the event site.

Trophies: Team trophies will be given to the winner and runner-ups at both varsity levels, as well as the winner of the Boys and Girls F/S level. Individual MVP trophies will be given at each varsity level.

Medals: First, Second and Third places will receive medals.

Spectators: We will be asking for a \$2 entry fee for spectators.

Snack Bar: A full snack bar will be available.

If there are any further questions feel free to contact our Head Track Coach, Jessica Cadman on campus at 951-845-3171 ext 3606. My email address is jcadman@beaumontusd.k12.ca.us. My athletic directors phone number at work is 951-845-3171 ext 2010 and my fax number is 951-769-9289.

ENTRY FEE: IS \$100 PER LEVEL, OR \$350 FOR ALL 4 LEVELS. (Individual entrants will be charged \$7.50 per event)

Please hand deliver entry fees the day of the meet, or mail them prior to the meet.

RETURN CONTRACTS ASAP.

DEADLINE FOR ENTRIES IS FRIDAY, MARCH 19th, 2010
(Confirmation of received entries will be sent via email or fax)

Entry Format: Please submit entries by event. Include Full Name, Grade, Mark for that event, and what level they will be competing at. Example:

Girls Varsity Long Jump
Shelese Ruffin (12) 20'2"

Order of Events: (All events will be F/S Boys, F/S Girls, Var. Boys, and Var. Girls except for hurdle races which will go girls then boys).

Track Events (9:30am)

4x100 Relays
1600 M
100 H
110 H
400 M
100 M
800 M
300 H
200 M
3200 M
4x400 Relays

Field Events (9am)

All Long Jump (Both runways)
Varsity Boys Shot → F/S
Varsity Girls Disc → F/S
Varsity Girls High Jump → F/S

Second Session

All Triple Jump (Both Pits)
Varsity Girls Shot → F/S
Varsity Boys Disc → F/S
Varsity Boys HJ → F/S

Races and Flights will be seeded from lowest marks to highest marks.
Except for Long/Triple Jump, will be open pit, and High Jump will use a starting height and move up 2 inches at a time.

Sincerely,
Jessica Cadman
Head Track Coach Beaumont High School

Beaumont High School- 39139 Cherry Valley Blvd.-PO Box 187, Beaumont, CA 92223