

# Cougar Relays

March 9, 2019 @ Connally HS  
13212 N Lamar Blvd, Austin, TX 78753

**8:15 am** - Scratch meeting in the field house weight room.

**9:00 am** – Field Events

Shot Put Ring 1 (Field south of stadium) VB – JVB – VG - JVG

Discus Ring 1 (Field south of stadium) VG – JVG – VB - JVB

Long Jump Pit 1 – VB, VG, JVB, JVG  
(South Pit/ Bottom)

Triple Jump Pit 2 – JVG, JVB, VG, VB  
(North Pit/ Top)

High Jump Pit 1 -- (North End zone) VG – VB  
Pit 2 – (South End zone) JVB – JVG

Pole Vault VG, VB, JVG, JVB

**10:00 am** – 3200 JVG – JVB – VG - VB

**ALL VARSITY DIVISION JUMPS AND THROWS WILL HAVE 4 ATTEMPT NO FINALS**  
**JV DIVISION JUMPS AND THROWS WILL HAVE 3 ATTEMPTS NO FINALS**

Running events will start at this time or 30 minutes after the last field event.

**1:30 PM**

400M Relay	JVG – JVB – VG– VB
800M Run	JVG – JVB – VG– VB
100M Hurdles	JVG – VG
110M Hurdles	JVB – VB
100M Dash	JVG – JVB – VG– VB
800M Relay	JVG – JVB – VG– VB
400M Dash	JVG – JVB – VG– VB
300M Hurdles	JVG – VG – JVB– VB
200M Dash	JVG – JVB – VG– VB
1600M Run	JVG – JVB – VG– VB
1600M Relay	JVG – JVB – VG– VB

**TRACK AND RUNWAYS:**

The track is an eight-lane, 400 meter all weather surface, as are the runways and jump areas. NO TAPE OR CHALK MAY BE USED ON THESE SURFACES.

**EXCHANGE ZONES:**

4X100 – Gold

4X200 – Black, Black, Gold

4X400 – Blue

**SHOT AND DISCUS:**

Concrete surfaces. The JV throwing events will be located on the field right behind the baseball field on the west side of the stadium. The varsity throwing events will be located on the field just south of the stadium.

**DRESSING FACILITIES:**

There will be no dressing rooms so please make sure your athletes come dressed. We will have bathrooms and concession stands open.

**BUS PARKING:**

Parking for team buses will be in the parking lot to the south west of the stadium by the tennis courts.

**ENTRANCE TO THE STADIUM:**

The gate will be open on the south end of the stadium by the ticket booth.

**ADMISSION:**

Adults- \$4                  Students- \$2

**GENERAL INFORMATION:**

Contestants may warm up on the turf field. All coaches and contestants are asked to stay away from the finish line and stay behind the flagged areas. Please remind athletes to remove their spikes prior to entering the bleachers. Water will be available for the athletes on the turf. ABSOLUELY NO FOOD, GUM OR DRINKS ARE ALLOWED ON THE TURF FOOTBALL FIELD.

**ACCESS TO THE TRACK AND INFIELD:**

Only coaches, workers, and athletes participating in the meet may enter the track and infield area. The entrance for the athletes will be from the south east side of the stadium by the 300m hurdles starting point.

**EVENT CHECK IN:**

Check in for field events will take place at the event location. Check in for running events will take place at the location of the start.

**TEAM CAMPS:**

There will be NO team camps allowed on the turf field. All camps and tents will need to be set up in the visitor bleachers or on any part of the grass area on the east side of the stadium.

**AWARDS:**

Awards will be given for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place finishers in each event.