

# 2010 Spaghetti Warehouse Bryan Adams Cougar Relays

Jesse Owens Complex, Dallas – April 9, 2010

## SCHEDULE OF EVENTS:

4:30 Coaches Meeting and Sign in for heating

5:00 Shot Put	High Jump	Discus
V Girls	V Girls	V Boys
V Boys	V Boys	V Girls

## RUNNING FINALS VS. TIME WITH HOT HEATS EXCEPT

5:00 3200 m. run, VG, VB  
6:00 4 X 100 JVG, VG, JVB, VB  
800 m. dash JVG, VG, JVB, VB  
100/110 hurdles JVG, VG, JVB, VB  
100 m. JVG, VG, JVB, VB  
4 X 200 JVG, VG, JVB, VB  
400 m. JVG, VG, JVB, VB  
300 m. IM Hurdles JVG, VG, JVB, VB  
200 m. JVG, VG, JVB, VB  
1600 m. run VG, VB  
4 X 400 JVG, VG, JVB, VB

6:00 Triple Jump	Pole Vault	Long Jump
V Girls	V Girls	V Boys
V Boys	V Boys	V Girls