

# 2010 Spaghetti Warehouse Bryan Adams Cougar Relays

Jesse Owens Complex, Dallas – February 13, 2010

## SCHEDULE OF EVENTS:

8:00	Coaches Meeting and Sign in for heating		
9:00	Shot Put	Pole Vault	Triple Jump
	JV Girls	JV Girls	JV Boys
	V Girls	V Girls	V Boys
	JV Boys	JV Boys	JV Girls
	V Boys	V Boys	V Girls

## RUNNING FINALS VS. TIME WITH HOT HEATS EXCEPT 4X100 & 100 M.

8:30	3200 m. run JVG, VG, JVB, VB		
9:45	4x100 M. Relay <b>PRELIMINARIES</b>		
	100/110 hurdles JVG, VG, JVB, VB		
	100 m. JVG, VG, JVB, VB <b>PRELIMINARIES</b>		
	400 m. JVG, VG, JVB, VB		
	300 m. IM Hurdles JVG, VG, JVB, VB		
	200 m. JVG, VG, JVB, VB		
1:00	Discus	High Jump	Long Jump
	JV Girls	JV Girls	JV Boys
	V Girls	V Girls	V Boys
	JV Boys	JV Boys	JV Girls
	V Boys	V Boys	V Girls

BREAK FOR ONE HOUR (Coaches\Workers hospitality room provided)

## RUNNING FINALS: Rolling Schedule

Finals vs. Time with selected HOT heats EXCEPT 4X100 & 100 M.

2:30	4 X 100 <b>FINALS</b> JVG, VG, JVB, VB
	800 m. dash JVG, VG, JVB, VB
	4 X 200 JVG, VG, JVB, VB
	1600 m. run JVG, VG, JVB, VB
	100 M. <b>FINALS</b> JVG, VG, JVB, VB
	4 X 400 JVG, VG, JVB, VB

Pick up award packets in the press box at the conclusion of the meet.