

Brookstone Cougar Classic – March 7, 2015 – Brookstone School – Columbus, GA

9:00 am – Coaches' Meeting (on track at start/finish line)

9:05 am – Shot/Disc weigh-in; Pole Vault verification forms submitted (behind timers' tent near start/finish line)

MORNING SESSION

9:25 am – National Anthem

9:30 am – Girls Long Jump; Boys Shot Put, Girls Discus, Boys High Jump

10:15 am – Boys Long Jump

10:15 am – Girls Distance Medley Relay (1200, 400, 800, 1600); Boys Pole Vault

11:00 am – Girls Triple Jump; Boys Discus, Girls Shot Put, Girls High Jump;

11:00 am – Boys Distance Medley Relay (1200, 400, 800, 1600); Girls Pole Vault

11:45 am – Boys Triple Jump; Boys Pole Vault

12:30-1:00 pm – Break – Field Event Awards Presented

AFTERNOON SESSION (all track events will have girls first, followed by boys) – times approximate – NONE of the events below will start until at least 15 minutes after the conclusion of the last field event.

AWARDS FOR RUNNING EVENTS WILL BE AWARDED AT THE CONCLUSION OF THE "NEXT" EVENT (so 4 x 100 awards will be given out AFTER the 1600 meter run, 1600 meter awards will be given out AFTER the 400 meter run, etc.)

1:00 pm - 4 x 100 meter relay

1:15 pm - 1600 meter run (one heat for girls and one heat for boys)

1:40 pm - 400 meter run

1:55 pm - 4 x 200 meter relay (all athletes stay in assigned lanes for duration of race)

2:15 pm - 100 meter dash

2:30 pm - 100/110 meter hurdles

2:50 pm - 800 meter run (one heat for girls and one heat for boys unless participants exceed 16)

3:15 pm - 200 meter dash

3:30 pm - 300 meter hurdles

3: 45 pm - 3200 meter run

4: 20 pm - 4 x 400 meter relay (three turn stagger)

4:45 pm - REMAINING INDIVIDUAL AWARDS PRESENTED FOLLOWED BY TEAM AWARDS

