



BRYAN ADAMS  
COUGAR RELAYS  
FEB. 17, 2018  
JESSE OWENS  
MEMORIAL COMPLEX

**THE BRYAN ADAMS HIGH SCHOOL TRACK TEAMS WOULD LIKE TO INVITE YOU AND YOUR TRACK TEAMS TO PARTICIPATE IN THE 23<sup>RD</sup> RUNNING OF THE COUGAR RELAYS. THIS MEET HOSTS TEAMS FROM AROUND THE STATE AT AN EXCELLENT FACILITY IN KINCAID STADIUM AT THE JESSE OWENS MEMORIAL SPORTS COMPLEX. WE PRIDE OURSELVES IN RUNNING AN EFFICIENT AND COMPETITIVE MEET ALLOWING MULTIPLE RELAY TEAMS IN BOTH DIVISIONS AS WELL AS INCLUDING FRESHMEN RELAYS THIS YEAR. OPEN REGISTRATION ON DIRECTATHLETICS.COM FOR ALL TEAMS INTERESTED. THE COUGARS WILL PROVIDE A COACH'S HOSPITALITY AREA OPEN THROUGHOUT THE MEET.**

**MORNING SESSION**

**3200 M RUN (UP TO 5 RUNNERS PER DIVISION)**

**HEATS VS. TIME WITH SEEDED TIMES**

**FIELD EVENTS**

**AFTERNOON SESSION**

**FRESHMAN 4x100, 4x200, 4x400 (ONE GROUP)**

**JV AND VAR 4x100, 4x200, 4x400 (3 RELAYS PER DIVISION)**

**800/ 1600 (FIVE RUNNERS PER DIVISION)**

**CONTACT: MARK SMITH 214-908-6540 SHERLESE CANNON**

**214-926-0663**

[marksmith@dallasisd.org](mailto:marksmith@dallasisd.org)

[sherltaylor@dallasisd.org](mailto:sherltaylor@dallasisd.org)

Varsity/JV/9<sup>th</sup>=\$200

Varsity only=\$150

JV only= \$100

# Bryan Adams Cougar Relays

## February 17, 2018

Dear Coach,

The Bryan Adams Athletic Department would like to thank you and your track team for attending the Bryan Adams Cougar Relays on Saturday February 17, 2018 at the Jesse Owens Complex at Kinkaid Stadium. The Cougar Relays is always a competitive meet and completed in a timely manner.

If you have any questions about the meet please contact Mark Smith at 214-908-6540 (cell) or [marksmith@dallasisd.org](mailto:marksmith@dallasisd.org) . Please send entry fees to: \$200 for Varsity and JV combined. Varsity only: \$150, JV only: \$100,\$10 per athlete (individual)

Bryan Adams High School C/O Mark Smith  
2101 Milmar Dr.  
Dallas, TX. 75228

Thanks for your hard work and dedication to student athletes,

Mark E. Smith

B.A. Track

BOYS

Bryan Adams  
Desoto  
John Tyler  
SOC  
FW Diamond Hill Jarvis  
Adamson  
Conrad  
WT White  
Gateway  
Hillcrest  
Naaman Forest  
WW Samuell

GIRLS

Bryan Adams  
Garland  
SOC  
North Garland  
Desoto  
John Tyler  
Conrad  
WT White  
Adamson  
John Horn  
Hillcrest  
Gateway  
Naaman Forest

Diamond Hill Jarvis  
WW Samuell

# Bryan Adams Cougar Relays

## 2018

Jesse Owens Complex at Kinkaid Stadium, Dallas, TX, – February 17, 2018

### SCHEDULE OF EVENTS:

8:30	Coaches Meeting		
9:00	Shot Put (BA)	Pole Vault	Triple Jump (Samuell)
	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, and VB
9:45	100/110 hurdles JVG, VG, JVB, VB
	100 m. JVG, VG, JVB, VB
	400 m. JVG, VG, JVB, VB
	300 m. IM Hurdles JVG, VG, JVB, VB
	200 m. JVG, VG, JVB, VB

Rolling Schedule	Discus (BA)	High Jump (Desoto)	Long Jump (Adamson & Conrad)
	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.

1:30	4 X 100 Relay, JVG, VG, JVB, and VB
	800 m. dash JVG, VG, JVB, and VB
	4 X 200 Relay JVG, VG, JVB, and VB
	1600 m. run JVG, VG, JVB, and VB
	4 X 400 Relay JVG, VG, JVB, and VB

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

