



BRYAN ADAMS
COUGAR RELAYS
FEB. 18, 2017
JESSE OWENS
MEMORIAL COMPLEX

THE BRYAN ADAMS HIGH SCHOOL TRACK TEAMS WOULD LIKE TO INVITE YOU AND YOUR TRACK TEAMS TO PARTICIPATE IN THE 22ND 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)

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