

Kansas City Cougars Invitational
Track & Field
2nd Annual Invitational
May 23, 2009
Kansas City, Kansas 66109



DATE: May 23, 2009

LOCATION: Washington High School
7340 Leavenworth Road
Kansas City, Ks 66109

HOST: Kimberly Rollins ph. 816-379-2990 or Karla Pledger ph 913-927-3696
kcrolls@yahoo.com

ENTRY DEADLINE: May 17, 2009

FEE: \$15.00 per athlete

AGE: 6- 18 (age as of 12/31/09)

PG- Primary Girls (2001& after)	SMG – SubMidget Girls (1998)	YG – Youth Girls (1995)
PB – Primary Boys (2001 & after)	SMB - Sub Midget Boys (1998)	YB – Youth Boys (1995)
SBG – SubBantam Girls (2000)	MG - Midget Girls 919970	IG – Intermediate Girls (1993 – 1994)
SBB – SubBantam Boys (2000)	MB – Midget Boys (1997)	IB – Intermediate Boys (1993 – 1992)
BG – Bantam Girls (1999)	SYG – Sub Youth Girls (1996)	YW – Young Woman (1991 – 1992)
BB – Bantam Boys (1999)	SYB – Sub Youth Boys (1999)	YM – Young Men (1991-1992)

FIELD EVENTS:

Time 8:00 am	EVENT	DIVISION
	Shot Put:	(ALL DIVISIONS) Prim 4lbs, SB – B – M 6lbs SY –Y Boys 4kg Girls 6lbs
	Discus	SM-Y
	Javelin	YW – YM – IG-IB-YG-YM-SYG-SYB
	High Jump	SBG-SBB-BG-BB-SMG-SMB-MG-MB-SYG-SYB-YG-YB-IG-IB-YW-YM
	Triple Jump	SY - YM (will follow long jump)
	Long Jump	(ALL DIVISIONS) Girls on North Runway / Boys on South Runway

RUNNING EVENTS***This is a rolling schedule**

TIME	EVENT	DIVISION	
9:00 am	3000m / 1500 Racewalk	SUB Bantam and Up	TF
	4x800 Relay	MG-MB-YG-YB-IG-IB-YW-YM	TF
	200 m Hurdles	SYG-SYB-YG-YB	TF
	400 m Hurdles	IB-YM-IG-YW	TF
	3000 m Run		TF
	80 m Hurdles (30')	SMG-SMB-MG-MB	TF
	110m Hurdles (39')	IB-YM	TF
	100m Hurdles (33')	SYB-YB-IG-YW	TF
	100 m Hurdles (30)		
	100m. Dash	ALL DIVISIONS	TF
	800m Run	Sub Bantam and Up	TF
	400m Dash	ALL DIVISION	TF
	4x100 Relay	ALL DIVISION	TF
	1500 m Run		
	200m Dash	ALL DIVISION	TF
	4x400 Relay	Bantam and UP	TF

**Competitors should bring their own implements to be used at Meet. Registration will be done through Coach O*

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

FOR MORE INFORMATION:

Kim Rollins
816-379-2990