

Final Meet Information
Beaumont Cougar Classic 2017
Beaumont High School – Saturday, March 18

Field events start time- 8:30 am

Running events start time- 9:15 am

Coaches;

Thank you for choosing to come to the Cougar Classic this year. We are hoping to have a great meet once again. Last year, we had 25 plus schools attending making it the largest ever, and are looking to match that this year. I hope to address most of, if not all, questions in this flyer.

When you arrive, you can come by the press box to receive your packet and get any last minute information from me. I feel a coaches meeting is not necessary as most of you will have specific questions that I can answer 1 on 1 as you arrive so you can focus on your athletes. You will be given coaches meal tickets as well for the snack bar (these will not include the vendors). Results will be posted near the restrooms. Once results are announced, students can receive medals directly south of the press box at the top of the stadium (top 3 relays and individuals for each event, NOT each heat or flight).

We intend to get started on time and move smoothly through the meet. Any questions as the meet goes on can be directed to me or Coach Tedrow (he will be announcing during the entire meet) in the press box.

Athlete entrance to the infield will be limited to the North end of the stadium by the visiting team room (which is the clerk of the course). Please let kids know not to jump fences and that they need to enter and exit at that end of the stadium.

Warm ups will take place on the North field behind the Fieldhouse. Once an athlete is checked in and received their hip numbers (running events only), they can finish warm up on the infield. Please have athletes exit the infield once their event is over. Field event athletes will check in at the site.

Varsity will get 4 attempts in the jumps and throws, and F/S will be given 3 attempts. (No 10 pound shots please).

All entries will need to be done by Thursday, March 16th at 8pm on FinishedResults.com. After that time, there will be NO additions. Scratches can be emailed to me on Friday which would be appreciated to guarantee full heats and flights. You can substitute for one of your athletes who do not show, but cannot add anyone besides that. Results will have the original athletes name on them. Please double check entries on Finished Results prior to the deadline to ensure your athletes are in. WE ARE NOT USING ATHLETIC.NET FOR ENTRIES THIS YEAR.

Any other questions, please email me at almiller@beaumontusd.k12.ca.us or call me at 951-329-2556

Anthony Miller- Head Track Coach

Order of Events: (All running events will be F/S Boys, F/S Girls, Var. Boys, and Var. Girls except for hurdle races. 110s then 100s, and 300s will be all girls first).

Track Events (9:15am)

4x100 Relays
1600 M
110 H
100 H
400 M
100 M
800 M
300 H
200 M
3200 M
4x400 Relays

Field Events (8:30am)

All Long Jump (Both runways) Varsity First
Varsity Boys Shot → F/S
Varsity Girls Disc → F/S
Varsity Girls High Jump → F/S
Boys Pole Vault Varsity → F/S
Second Session
All Triple Jump (Both Pits) Varsity First
Varsity Girls Shot → F/S
Varsity Boys Disc → F/S
Varsity Boys HJ → F/S
Girls Pole Vault Varsity → F/S

Races will be seeded from lowest marks to highest marks (slowest to fastest). Since we are not doing finals, throws will be seeded best marks in the first flight and then down.

Long and Triple jump will be split into flights and we will discuss the logistics of this at the coaches meeting that morning.

High jump opening heights are as follows:

Boys Varsity
5'4"

Girls Varsity
4'2"

Boys F/S
4'10"

Girls F/S
3'10"

Pole Vault starting heights will be determined prior to the meet and will be sent to coaches once determined (will be based on entries).