



Rosebud-Lott Cougar Relays



Thursday
February 23, 2012

General Information

Entry Fee	\$100 Per Varsity Division & \$75 Per JV Division Make checks payable to Rosebud-Lott ISD , 1789 US Hwy 77 Lott, TX 76656; Attn: Coach Sebek
Registration	Entries are due by noon – Tuesday February 21 Email msebek@rlisd.org with any questions; You will receive an email with information about how to enter your athletes into www.microsport.com
Coaches Meeting	2:30-3:30 in the Old Gym
Rules	Appeals will be decided by Coach Craig Jackson Contestants & coaches only on the field No camps on the infield, coolers in stadium No spikes over 3/8" allowed on the track
Running Events	All running events will be finals against time Run in the order of JVG/VG/JVB/VB
Throws/Jumps	Contestants will have 3 jumps & 3 throws Varsity & JV
Opening Heights	Will be determined at the coaches meeting
Meals	More Information to come.

If you have any questions contact

Christopher Bennett
Head Boys Track Coach
Cell:
cbennett@rlisd.org

Matthew Sebek
Head Girls Track Coach
Cell: 254.421.5105
msebek@rlisd.org

FIELD EVENT ORDER

POLE VAULT – JVG, VG, JVB, VB

LONG JUMP – VB, VG, JVG, JVB

TRIPLE JUMP – JVG, JVB, VB, VG

SHOT PUT – VB, JVB, JVG, VG

DISCUS – JVG, VG, VB, JVB

HIGH JUMP – JVB, JVG, VG, VB

OTHER NOTES:

FIELD EVENTS START @ 4:00 PM

3200M WILL START @ 4:15 PM

BOYS & GIRLS THROWERS RELAY

RUNNING FINALS BEGIN @ 5:45 PM

5:45 PM JVG, VG, JVB, VB

400 Meter Relay

800 Meter Dash

100 Meter Hurdles

110 Meter Hurdles

100 Meter Dash

800 Meter Relay

400 Meter Dash

300 Meter Hurdles

200 Meter Dash

1600 Meter Run

1600 Meter Relay