

**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
	1500 m Run / 3000 Run	SUB Bantam and Up	TF
	80 m Hurdles (30')	SMG-SMB-MG-MB	TF
	110m Hurdles (39')	IB-YM	TF
	100m Hurdles (33')	SYB-YB-IG-YW	TF
	100m Hurdles (30')	SYG-YG	TF
	100 m Dash	ALL DIVISION	TF
	800m Run	Sub Bantam and Up	TF
	400m Dash	ALL DIVISION	TF
	4x100 Relay	ALL DIVISION	TF
	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