

# 2021 TCHS COUGAR INVITATIONAL MEET SCHEDULE

Gates Open: 2:00pm

Scratch Meeting: 2:30pm Field

House Team Room

Your team is invited to compete in The Colony Invitational at The Colony High School. The meet is being held on *March 5th, 2021* at Tommy Brigs Stadium.

- (F.A.T) Timed <http://live.ntxtiming.com/meets/404871>
- Only 4 Teams will be competing (FULL TEAMS ONLY Var/JV Boys & Girls)

## TEAMS:

TCHS, HEBRON, SLC, FLOWER MOUND

### Field Events 3:00pm:

-Long & Triple Jump, High Jump, Shot, Disc, and PV

### 1<sup>st</sup> Session of Running Events 3:00pm: 3200m- JVG,

VG, JVB, VB

100mh - JVG, VG

110mh- JVB, VB

### 2<sup>nd</sup> Session of Running Events 4:30-5PM: JVG/VG/JVB/VB

4x100 Relay

800m

100m

**Open 100m (Will be FAT Timed but not Scored MUST REGISTER ONLINE)**

100m Wheelchair

4x200 Relay

400m

400m Wheelchair

300m Hurdles

200m

**Open 200m (Will be FAT Timed but not Scored MUST REGISTER ONLINE)**

1600m

4x400 Relay

All races will be run in the following order: JV Girls, Varsity Girls, JV Boys, and Varsity Boys **Open 1600m (Will be FAT Timed but not Scored MUST REGISTER ONLINE)**

Order of Field Events:

Discus: VG-JVG-VB-JVB

Shot Put: VB-JVB-VG-JVG

Triple Jump: VG-JVG-VB-JVB (West pit)

Long Jump: VB-JVB-VG-JVG (East pit)

High Jump: VB-JVB-VG-JVG

Pole Vault: VG-VB-JVG-JVB

Throwing/ Jumping events: 3 throws/jumps in the varsity division, three throws/jumps in the JV divisions (No prelims, No finals).

High Jump, starting heights: *JV Girls 4' 4" Varsity Girls 4' 8" JV Boys 5' 2" Varsity Boys 5' 6"*  
(Subject to Change)

Pole Vault, starting heights: *JV Girls 6' 6" Varsity Girls 7' 6" JV Boys 10' 0"*  
*Varsity Boys 11' 0" (Subject to Change)*

Feel free to contact me with any concerns or questions.

CELL: TONY DORAN II 214-500-4357 (TEXT)

**SPECTATORS/PARENTS EXPECTATIONS:**

- MUST WEAR A MASK AT ALL TIMES and social distance. Parents will be asked to sit in the home stands and maintain social distancing (6 feet apart) when you are in the stands.**
- Please respect our request when sitting in the stands and cheering on your athlete. - When your runner has completed their race, please exit the stadium to avoid any large gatherings in the stands.**

**NO PARENTS ON THE FIELD OR IN THE VISITOR BLEACHERS.**

**RUNNER PROCEDURES:**

- Upon arrival/ race check in Runners must have a mask on and keep it on until they begin their warm up and we will need to adhere to six feet social distancing at all times.**
- Water- please bring your own water as we are unable to provide our hydration stations.**
- Report to the starting line area at your designated check in time labeled on the time schedule & heat sheets. -NO Tents, NO ENO HAMMOCKS (Team Camps will be on the visitor side stands) All athletes must be in the stands unless competing.**