

STM COUGAR CROSS-COUNTRY PRESENTS:

2008 ALL-COMERS SUMMER TRACK & FIELD
MEETS: YOUTH, HIGH SCHOOL, OPEN, MASTERS

MEN AND WOMEN

DIRECTED BY ST. THOMAS MORE HIGH SCHOOL CROSS-COUNTRY TEAM.
ALL MEETS WILL BE HELD AT ST. THOMAS MORE TRACK, 450 E. FARREL ROAD
LAFAYETTE, LA. 70508. SPIKES WILL BE ALLOWED!

DATES OF MEETS: JUNE 7th, *14th, 21st, *28th, JULY 12th, & *19th!

10:00 A.M. RUNNING EVENTS

8:00A.M. FIELD EVENTS

OPEN-HIGH SCHOOL-SENIORS-AGE GROUP

5k/3k 7:30 a.m.

400m relays
HH 100/110
400m
100m
800m
IH 300/400
200m
1500m
1600m relays

Long Jump 8am
Javelin 8am
Discus 8am
Shot Put 8am
Pole Vault 9:15
Triple Jump 9:15
High Jump 9:15

ENTRY - \$5.00 PER ATHLETE & \$2.00 PER SPECTATOR
ANYONE WHO ENTERS STADIUM!

ALL HEATS WILL BE SEEDED BY GENDER AND TIME, NOT BY AGE!

ALL PARTICIPANTS MUST SIGN: Waiver of Liability, Assumption of Risk, and
Indemnity Agreement. *NO ICE CHEST ALLOWED!*

**ON, JUNE *14TH, *28TH, and JULY *19TH, a 4 X 800 AND 4 X MILE WILL BE
INCLUDED IN THE SCHEDULE OF EVENTS!**

Meet Information Contact: Kevin Castille 337-255-8447(message if no answer)
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