

44th ANNUAL RON GUMMERSON COUGAR TRACK CLASSIC

Conant High School

Friday, May 4, 2018

TIME:	Field Events – 5:00 pm	Running Events – 5:30 pm	
PARTICIPATING:	Addison Trail	Hoffman Estates	Prospect
	Chicago-Garcia	Leyden	Proviso West
	Conant	Maine East	Rock Island
	Fenton	Maine South	Schaumburg
	Glenbard East	Minooka	Zion Benton
	Glenbard West		

ADMISSION: Adults-\$5.00 & Students-\$3.00

MEET FORMAT: The meet format involves three levels of competition: Class A—your team’s number one performer in that event; Class B--your team’s number two performer; Class C—your team’s number three performer in that event. Any athlete may participate in different classes as long as he is entered according to his team position in that event.

AWARDS & SCORING Each class will have a champion and each class will receive five medals according to place in the event. In addition, each CHAMPION will have the opportunity to purchase a “CHAMPION” T-Shirt for \$5.00 at the concession stand. Only champions will be allowed to buy these limited edition shirts.

Each place winner will receive a “Cougar Classic Medal” and each award winner will score points as follows:

Class A	10-8-6-5-4
Class B	8-6-4-3-2
Class C	6-4-3-2-1
Relays	8-6-4-3-2

1st & 2nd Place Team trophies will be awarded at the conclusion of the meet.

ENTRIES: The purpose of the meet is to involve as many athletes as possible, therefore, you are not limited to varsity athletes. However, each athlete is limited to four events. Please make sure that you enter your athletes in the meet according to their team rank in each event. You **must** fill Class A first, then B, and finally C. You cannot run a lower class without filling the higher classes. If you’re A athlete is not used, then B and C must move up respectively. Please follow the “spirit of the meet” when doing your entries and make every effort to enter every competition. Substitutions may be made the day of the meet. If a substitution changes the order of your athletes in that event, then you must adjust your entries accordingly.

ENTRIES: We will be going with a FAT system this year. Entries will be made on athletic.net. Entries are due by midnight on Monday, April 30th. Instructions are included.

STARTING HEIGHTS: We will establish starting heights for each class in the pole vault and the high jump. The starting height will be based on the eighth best entry for each class. Once the starting height is determined, no athlete may attempt a height below the minimum standard for that class. In addition, the time limit rule will be adhered to during the competition.

ODDS & ENDS: To help us run the meet in an efficient manner please remind your athletes of the following:

- 1) Track spikes should be no longer than $\frac{1}{4}$ ".
- 2) Athletes should stay away from the finish line.
- 3) Athletes should report promptly to the staging area upon third call.
- 4) Team camps should be established in the east bleachers.

There will be a concession stand hosted by track team parents. Hot dogs, pop, Gatorade, candy, popcorn, coffee, and pizza will be available.

Meet T-Shirts will be sold for \$15.00

We make every attempt to provide all meet officials. However, it may be necessary for coaches to help with exchange zones.

If you have any questions or concerns, please contact the athletic office at Conant High School at (847) 755-3770.

44th Annual Ron Gummerson Boys' Cougar Track Classic
Friday May 4, 2018

Running ORDER OF EVENTS

<u>5:30 PM</u>		<u>HEATS</u>	
3200 Meter Relay		1	
110 Meter Highs - SEMI	C, B, A	6	(Qualify 4)
100 Meter Dash - SEMI	C, B, A	6	(Qualify 4)
3200 Meter Run	C	1	
200 Meter Dash - SEMI	C, B, A`	6	(Qualify 4)
National Anthem			
3200 Meter Run	B	1	
400 Meter Relay		2	(Time)
3200 Meter Run	A	1	
110 Meter High Hurdles - FINAL	C, B, A	3	
100 Meter Dash - FINAL	C, B, A	3	
800 Meter Run	C, B, A	3	
800 Meter Relay		2	(Time)
400 Meter Dash - FINAL	C, B, A	6	(Time)
300 Meter Intermediate - FINAL	C, B, A	6	(Time)
1600 Meter Run	C, B, A	3	
200 Meter Dash - FINAL	C, B, A	3	
1600 Meter Relay		2	(Time)

5:00 PM FIELD EVENTS

High Jump Class C will go 1st, followed by Class B, then Class A. Triple Jump will follow the Long Jump. Class C Long Jump and Class B will jump at the same time. Class A Long Jump and Class C Triple Jump will go next, followed by Class B and Class A in the Triple Jump. Pole Vault will run all classes together. The order for Shot Put will be Class B, then C, and then A. The order for Discus will be Class A, B, C.