

The 1st Annual:  
**Central Kitsap  
Cougar Qualifier  
Track and Field Invitational**

Coaches, this is a JV caliber invitational meant for 2 types of athletes:

1. JV athletes who haven't had any big meet experience that you want to introduce to a bigger meet;
2. Your Varsity athlete who is short of qualifying for the post-season, who, in this environment might produce a qualifying mark, but may not have met standards for another Varsity Invitational;

Note: if you do bring JV only, this does not count against the WIAA limit for varsity contests. Qualifying for this invite will be done by maximum standards, rather than minimum standards (i.e. cannot have run faster than 11.8 in the 100m).

**Date: Saturday May 2nd**

**Place: Silverdale Stadium, Central Kitsap School District**

**Time: Coaches Mtg 9:30, First events 10:30**

Silverdale Stadium is an 8-lane rubberized track, with rubberized runways for the long and triple jumps and pole vault, concrete shot and discus surfaces and a grass runway for the javelin. It is a covered stadium on the home side and open on the visitors. Full concessions are on the home side, under the Stadium. We utilize a Pyro w/ DVR, fully automatic timing system and HyTek scoring that will be uploaded from, and back to, Athletic.net

Cost: \$50 per team

\$85 combined boys and girls teams

Team trophies will be awarded to the top boys and girls teams. Individual ribbons will be given to the top 8 places in each event.

For more information about the standards, and tentative schedule see page 2:

We would really like to make this a Class Act invite that you will want to bring your athletes to year after year. The first event will be at 10:30 and all other events will continue on a rolling time schedule. Please register for this meet through [www.athletic.net](http://www.athletic.net) as the entries will be taken from that site Friday, May 1<sup>st</sup>, at 1:00 pm. I ask that your athletes not use this meet for their first attempts at a new event. If you have any questions please email me at [markw@cksd.wednet.edu](mailto:markw@cksd.wednet.edu) or [trackrat495@hotmail.com](mailto:trackrat495@hotmail.com). If this meet will be on your schedule, please email me ASAP, so I can start getting a team count.

Thanks!

Mark Ward

## Central Kitsap Cougar Qualifier Track and Field Invite - Standards

<b>Event</b>	<b>Boys</b>	<b>Girls</b>
100m	11.8	13.7
200m	24.0	28.7
400m	55.0	1:05
800m	2:08	2:40
1600m	4:59	5:59
3200m	10:40	13:00
110/100 HH	18	18.00
300 H	46	52.70
Shot Put	40-0	30-0
Discus	115	85-0
Javelin	120	80-0
HJ	5-7	4-6
LJ	17	14-0
TJ	37-0	28
PV	11	8-0
4x100mR	46	53
4x200mR		1:55.00
4x400mR	3:40.00	4:30.00

Any athlete entered cannot have bettered any of the marks in their registered event this season.

## Schedule of Events

9:30 – Coaches Meeting

### **Running Events:**

10:30 – Girls 3200m  
 Boys 110HH  
 Girls 100HH  
 Boys 100m  
 Girls 100m  
 Boys 1600m  
 Girls 1600m  
 Boys 4x100  
 Girls 4x100  
 Boys 400m  
 Girls 400m  
 Boys 300IH  
 Girls 300LH  
 Boys 800m  
 Girls 800m  
 Girls 200m  
 Boys 200m  
 Boys 3200m  
 Girls 4x200  
 Boys 4x400  
 Girls 4x400

### **Field Events:**

10:30 –  
 Boys Long Jump  
 Girls Triple Jump  
 Girls High Jump  
 Combined Pole Vault  
 Boys Shot Put  
 Boys Javelin  
 Girls Discus

When 10:30 Field Events are Finished, we'll move to the opposite gender events:

Girls Long Jump  
 Boys Triple Jump  
 Boys High Jump  
 Girls Shot Put  
 Girls Javelin  
 Boys Discus

Running Events will be multi-heated, timed final, with fastest heats last. Field events will be 4 attempts, with flights of 8 (when possible).

Invited Teams: (\*) = Have accepted invitation.

Central Kitsap\*

Olympic\*

Kings West\*

Peninsula

Fife\*

North Mason\*

Sequim\*

North Kitsap?

Port Townsend?