


Cougar Tracks

CKHS Track & Field

Indoor Season Heats Up

This past weekend fans were given the treat of witnessing the Pre-Season Debut of current and former Cougar Athletes at the Husky Indoor Preview. Running unattached, Shane Moskowitz blazed a 4:19.80 mile. He finished 2nd in his heat. This is a great time for January. Look for Shane to have another great year.

Alums competing this weekend also had breakout performances. Sean Walker ran the rarely contested 600m dash. His time of 1:26 was good enough to place him 5th in his heat, behind the UW pack. He commented that it was a very fast start and he was caught off guard early. This was a good early season eye-opener for Sean.

Rustin Winger, now running for Seattle University, finished 20th overall in the 800m, and ran a strong leg on the Seattle U. 4x400 relay. His splits in the 800m were even 1:01.5s. Rustin said he felt good for his first track race of the year, and looks forward to PR'ing.

Kate Berni is currently running for Western Washington University. She experienced cross country for the first time this past fall, and rumor has it that she's attempting crew in the spring. Kate ran a solid 2:29.0 in the 800m this weekend.

Jason Peter Tait is in his senior year at Portland State University. Jason finished 4th in the 60m High Hurdles in a time of 8.32 seconds and threw the 16 lb. shot 11.27m. Jason is preparing for competition in the Decathlon this year.



2008 Olympian Kara Goucher winning the indoor Mile.

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Upcoming Events:

- Athlete information meeting—1/21/09
- Basketball Concession Stand—1/21/09
- Clothing Orders Due—2/7/09
- Officials Training—TBD February
- First Day of Practice—3/2/09

Officials Training Coming Up

There will be an officials training course offered sometime in February. We are currently working with PNTF, Kings West, and Lanny Dowell to try and find a date available. This will be a 2-hour training, geared toward the high school track and field official. This is a great opportunity for those of you that will be working at our home meets or may want to work at League, Districts, or State.

Attendees will receive an officials CD from PNTF that includes hundreds of useful forms, diagrams, and PowerPoint presentations to give all budding officials what they need to help put on a first class meet.

I will send registration information when we have a date and time.

CKHS TRACK & FIELD 09

Date	Event	Time	Bus
Mar 2nd	First Day of Practice	3:00	
Mar 5th	Cougar Quadrathlon	3:00	
Mar 5th	Parent Meeting 1	7:00	
Mar 9th	Parent Meeting 2	7:00	
Mar 11th	Parent Meeting 3	7:00	
Mar 14th	KCC @ Bremerton	10:00	
Mar 20th	@ SK Jamboree	3:30	
Mar 27th	CK & Olympia @ GH	3:30	
Apr 10th	<u>vs. Mt. Tahoma</u>	3:30	
Apr 11th	Tacoma Invite @ Lincoln Bowl	9:00	
	(One Entry Per Event)		
Apr 15th	<u>vs. SK</u>	3:30	
Apr 17th	Leave for Pasco	8:00	
Apr 18th	Pasco Invite	9:00	
Apr 22nd	CK, Wilson, Foss @ Lincoln	3:30	
Apr 29th	CK & Shelton @ Shelton	3:30	
May 2nd	<u>Cougar Qualifier @ Silverdale Stadium</u>	10:00	
May 8th	CK & Wilson @ Lincoln	3:30	
May 13th	NL Championships @ SK	2:00	
May 15th	NL Championships @ SK	2:00	
May 22nd	WCD @ MT	10:00	
May 23rd	WCD @ MT	10:00	
May 28th	State @ Mt. Tahoma	TBA	
May 29th	State @ Mt. Tahoma	9:00	

