

March, 2017

Dear Coach:

Your track and field team is invited to the 16th Annual **Bull Dog / Cougar Classic** (formerly the Ridgeway Meet) The meet will be held at the Niagara Olympic Club in St. Catharines. I have included a schedule of events, an entry form and an information sheet. The label entry system will be used for all events. For track events all single entries and the final relay runner must have a label fixed to their uniforms. The label must contain the following information; athletes name, name of school, title of event, and division. For the field events, the athlete's will bring their completed labels to the event and present them to the official. You will receive your labels in your package when you register.

The goal of this meet is to provide all competitors with a great warm-up meet. I have invited about 75 schools and I hope to have a very good competitive meet. Last year we had 30 schools attend and we hoping for more this year. Please email in your entries to the school. All schools must send a teacher-official to help run events. Also, be prepared to bring equipment (tape measure, clipboard, pencil) and student helpers to help run your event. Please specify what jobs you are willing to officiate. I hope to see you on Wednesday April 26th. Any questions feel free to call me at school (905-684 – 6349)

Yours truly,

Brent Mergl
Sir Winston Churchill Secondary School

Jason Higgins
Centennial Secondary School

Bull Dog / Cougar CLASSIC

When: Wednesday April 26th.

Where: Niagara Olympic Club St Catharines

Time: 8:45am – 4:00pm

Entry Deadline: Thursday April 20, 2017

Cost: \$8.00 per event
\$15.00 per relay

\$235.00 for unlimited entries

Send entries and cheque to: (or bring cheque with you the day of the meet)

(Cheques payable to Sir Winston Churchill Secondary School)

Sir Winston Churchill Secondary School
Attention: Brent Mergl
101 Glen Morris Drive
St. Catharines, ON
L2T 2N1

Phone: 905 – 684 - 6349

Please email us your entries. You only have to send in the entry form we provide you with. Fill it out and email it back to Jason. Entry form is the next page below. Email: jason.higgins@dsbn.org

Awards: Ribbons to top 4 finishers,

Scoring: All track events are finals
All field events best of 3 attempts

Facility: Red rubber track and field run-ups

ENTRY FORM

School Name: _____

School Phone Number: _____

School Fax Number: _____

Coaches Name: _____

Coaches Email: _____

Teacher - Official: _____

Circle two of the following: (you may not get the one you want)

ALL SCHOOLS MUST SIGN UP FOR A DUTY

High Jump Triple Jump Long Jump

Shot Put Discus Javelin

ENTRIES:

Number of single event entries _____ x \$8.00 = _____

Number of relay entries _____ x \$15.00 = _____

Unlimited Entries: **\$235.00** Estimated number of Labels required: _____

Total Entry Fee: _____

Label System Instructions

1. All athletes must wear a label for individual events. You cannot enter an event without a label! Athletes will go to the event when called and their label will allow them to enter. Only the last runner of a relay must wear a label.
2. Attach the label to the athletes uniform.
3. PRINT the following information on the label:
 - a) Name
 - b) School
 - c) Age category
 - d) Event

SAMPLE LABEL

Robert Smith	Sir Winston Churchill
Boys under 16 Discus	

4. Officials will remove the label after the runner has finished their race. Remind your athletes to make sure they have a label and not to remove their own labels. The runners must stay in their lanes or the order they finish until their label has been removed.
5. Officials of the field events will remove the athletes label prior to the start of the event and place it on the pages provided.
6. THIS IS THE ONLY WAY YOU CAN ENTER AN EVENT!

Bull Dog / Cougar CLASSIC Track and Field

Invitational

8:45am	Open Boys 2000M Steeplechase Girls 1500M Steeplechase
9:00am	Midget Girls 100m Junior Girls 100m Senior Girls 100m Midget Boys 100m Junior Boys 100m Senior Boys 100m
10:45am	Sprint Medley (800-200-200-400) Girls Under 16 Boys Under 16 Girls 16 and over Boys 16 and over Open Co-ed
11:45am	Midget Girls 80m Hurdles Junior Girls 80m Hurdles Senior Girls 100m Hurdles Midget Boys 100m Hurdles Junior Boys 100m Hurdles Senior Boys 110m Hurdles
12:15pm	Midget Girls 1500m Junior Girls 1500m Senior Girls 1500m Midget Boys 1500m Junior Boys 1500m Senior Boys 1500m
12:50pm	Midget Girls 400m Relay Junior Girls 400m Relay Senior Girls 400m Relay Midget Boys 400m Relay Junior Boys 400m Relay Senior Boys 400m Relay

1:30pm Midget Girls 300m Hurdles
Junior Girls 300m Hurdles
Senior Girls 400m Hurdles
Midget Boys 300m Hurdles
Junior Boys 300m Hurdles
Senior Boys 400m Hurdles

2:10pm Open Girls 3000m
Open Boys 3000m

2:50pm 1600m Relay Girls Under 16
1600m Relay Boys Under 16
1600m Relay Girls 16 and over
1600m Relay Boys 16 and over

Field Events

9:00am	Girls Under 16 Shot Put Boys under 16 Discus Boys 16 and over Javelin Girls Under 16 Long Jump Boys Under 16 High Jump Girls 16 and over Triple Jump Open Girls Pole Vault
10:30am	Girls Under 16 Javelin Girls 16 and over Discus Boys 16 and over Shot Put Boys Under 16 Long Jump Girls 16 and over High Jump Boys 16 and over Triple Jump Boys Under 16 Pole Vault
12:00pm	Girls Under 16 Discus Boys under 16 Shot Put Girls 16 and over Javelin Girls Under 16 Triple Jump Girls 16 and over Long Jump Boys 16 and over High Jump
1:30pm	Boys under 16 Javelin Girls 16 and over Shot Put Boys 16 and over Discus Girls Under 16 High Jump Boys Under 16 Triple Jump Boys 16 and over Long Jump Boys 16 and over Pole Vault