

March, 2025

Dear Coach:

Welcome back to Track and Field. We are hoping for a fantastic season. Your track and field team is invited to the 23rd Annual **Bull Dog / Cougar Classic** on Wednesday April 30th. The meet will be held at Centennial Secondary School in Welland. I have included a schedule of events and an entry form.

We are moving away from the Label system we have used in the past. We will be using Bib Numbers again this year. A week prior to the meet I will be asking you to send me a list of athletes that will be attending the meet **OR** you can enter your athletes using Team Manager 4.2 Lite. This is the same way we did entries last year. I will be sending out the meet code for those schools who will be using Team Manager 4.2 Lite. Please email me and ask me for the meet code please. If you are emailing me a list of your athletes, I **DO NOT** need to know what events your athletes are competing in; I just need their **First Name, Last Name and Gender**. You will receive your bib numbers in your package on the day of the meet.

The goal of this meet is to provide all competitors with a great warm-up meet. 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. When emailing in your entries please specify two (2) duties you are willing to officiate. I hope to see you on Wednesday April 30th. Any questions feel free to email me or call me on my cell 905 931 1675.

Yours truly,

Brent Mergl
Sir Winston Churchill
Secondary School

Bull Dog / Cougar CLASSIC

When: Wednesday April 30th 2025

Where: Centennial Secondary School in Welland

Time: 10:00am – 4:30pm

Entry Deadline: Friday April 25, 2025

Cost: \$10.00 per event
\$20.00 per relay
\$250.00 for unlimited entries

Send 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 entry form information. Entry form is the next page below. Email:
brent.mergl@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 and equipment

ENTRY FORM

School Name: _____

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 Starter

Shot Put Discus Javelin Clerk of the Course (putting athletes in heats)

ENTRIES:

Number of single event entries _____ x \$10.00 = _____

Number of relay entries _____ x \$20.00 = _____

Unlimited Entries: \$250.00

*** Please do not enter athletes into an event they do not plan on competing in at ZONE. This is not a PLAY DAY for students.

Total Entry Fee: _____

Registration Instructions

Email your entry form by Friday April 25, 2024

Entries for this meet DUE April 25, 2025, Email me a list of students. Must include their Last name, First name, and gender. OR enter your athletes through Team Manager 4.2 Lite and send me the export file.

NO LATE ENTRIES WILL BE ACCEPTED

All athletes must wear their bib to compete in the event.

BullDog / Cougar CLASSIC

Track and Field Invitational

10:00am Open Girls 2000M Steeplechase
 Open Boys 2000M Steeplechase

10:15am

Novice Girls 100m
Novice Boys 100m
Junior Girls 100m
Junior Boys 100m
Senior Girls 100m
Senior Boys 100m
II Girls 100m
II Boys 100m

12:00pm

Sprint Medley (800-200-200-400)
Girls Under 16
Boys Under 16
Girls 16 and over
Boys 16 and over
Open Co-ed

1:00pm

Novice Girls 80m Hurdles
Junior Girls 80m Hurdles
Senior Girls 100m Hurdles
Novice Boys 100m Hurdles
Junior Boys 100m Hurdles
Senior Boys 110m Hurdles

1:30pm

Novice Girls 1500m
Novice Boys 1500m
Junior Girls 1500m
Junior Boys 1500m
Senior Girls 1500m
Senior Boys 1500m

2:00pm

Novice Girls 400m Relay
Novice Boys 400m Relay
Junior Girls 400m Relay
Junior Boys 400m Relay
Senior Girls 400m Relay
Senior Boys 400m Relay

2:45pm

Novice Girls 300m Hurdles
Junior Girls 300m Hurdles
Senior Girls 400m Hurdles
Novice Boys 300m Hurdles
Junior Boys 300m Hurdles
Senior Boys 400m Hurdles

3:30pm

Open Girls 3000m
Open Boys 3000m

4:00pm

1600m Relay Girls Under 16
1600m Relay Boys Under 16
1600m Relay Girls 16 and over
1600m Relay Boys 16 and over

Field Events

10:00am

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
Girls Under 16 Pole Vault

11:30am

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
Girls 16 and over Pole Vault

1:00pm

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
Boys Under 16 Pole Vault

2:30pm

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