9th Annual   
Cougar Invite   
Saturday, April 18th



JFK Bellmore High School

3000 Bellmore Ave

Bellmore, NY 11710

9 9:15 am rain or shine

**Seeding:** Three-event limit with verbal seeding in running events.

Cards only needed for field events and relays.

**Awards:** Medals - Bagged and awarded to top 6 overall and top 3 in freshman/sophomore events. All heat winners will receive a medal.

Winners of Cougar 3200/3000 and open 100 will receive trophies.

**Equipment:** Spikes are allowed, please supply a relay baton and starting blocks.

**Event Info:** Pole Vault has been added!

Frosh/Soph will compete in their own sections.

Food, drinks and T-shirts will be on sale.  
 The cost of officials will be split between schools.

**The Cougar 3200/3000 will only have 9 runners. After each lap (first 200 for the girls) the last place runner will stop running. The last lap will have only two runners left.**

The Cougar Invite at JFK Bellmore High School – April 18th

School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athletic Director name and number:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please circle one:

Nassau County Team: BOYS GIRLS BOYS & GIRLS

(ONLY public schools) $160.00 $160.00 $320.00

Non Nassau County: $180.00 $180.00 $360.00

(CHSAA located in Nassau County included)

Boys Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ e-mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Approximate # of athletes: Runners\_\_\_\_\_Jumpers\_\_\_\_\_\_Throwers\_\_\_\_\_\_\_\_

Girls Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ e-mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Approximate # of athletes: Runners\_\_\_\_\_Jumpers\_\_\_\_\_\_Throwers\_\_\_\_\_\_\_\_

**Checks or PO’s payable to: Bellmore-Merrick Central High School District**   
Entries can be faxed to (516) 785-7198  
Payments and entries should be sent to:  
Chris Mammone - JFK Bellmore Girls Track Coach  
3000 Bellmore Ave.  
Bellmore, NY 11710   
If you plan on attending or have any questions regarding the meet contact Coach Chris Mammone at [moner2000@aol.com](mailto:moner2000@aol.com) or cell phone (516) 647-1854.   
\*\*\*\*\***Coaches you are not entered in the meet unless you hear from me.\*\*\*\*\***

Entries due on April 10th please contact me if there are any concerns.

The Cougar Invite

Saturday April 18th

JFK Bellmore High School

**Meet Order - 9:15 am start**

Boys will run first for all track events

**\*\*The Cougar 3200/3000 will be seeded at the beginning of the meet.\*\***

400 intermediate hurdles (open only)

200 (open only)  
**Cougar 3200/3000** (open only)

800 (open only)  
100 semi-finals (open, frosh/soph)  
110 high hurdles/100 high hurdles (open only)

400 (open, frosh/soph)  
100 finals (open, frosh/soph)

1600/1500 (open)  
4 x 400 meter relay (open only)

**Field events will start at 9:15 am  
Minimal measurements will be used after first mark.**Shot Put (Girls first) Boys: 20’ f/s, 25’ open, Girls: 15’ f/s, 20’ open

Discus (Boys first) Boys: 60’ f/s, 80’ open, Girls: 40’ f/s, 60’ open

Pole Vault (girls first) Girls opening height 6’0, Boys opening height 8’0

Long Jump (Boys first followed by girls) Boys: 15 f/s, 18’ open, Girls: 13’ f/s, 16 open Triple Jump (Boys first followed by girls) Boys: 25’ f/s, 30’ open, Girls: 23’ f/s, 28’ open  
Pole Vault (Girls first followed by boys) Opening Height Girls: 6’0, Boys: 8’0

**\*\*\*\*Long Jump and Triple Jump will be limited to three athletes per section.  
 For example, 3 boys open section and 3 frosh/soph section.\*\*\***

High Jump (Girls and boys will compete at same time)

3-8 staring height, 4-8 starting height boys

*“I let my feet spend as little time on the ground as possible. From the air, fast down, and from the ground, fast up.” — Jesse Owens*

