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Cougar Open 2017

Meet Information

Meet Director

Keoni McHone
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Date

April 22nd, 2017

Location

Hammer throw at: Clackamas CC 19600 Molalla Ave, Oregon City, OR 97045
All other events at: Canby High School 721 S.W. 4th Ave Canby, OR 97013

Entry Information

Entries will be accepted through Directathletics.com
Entry Deadline: Wednesday, April 19th at 5:00pm
Individual entry fee will be \$20 per athlete
Team entry fee will be \$200 per gender (\$400 combined program)
Please make checks payable to Clackamas CC Track and Field

Weigh-ins

Weigh-ins for the hammer will be done at the event site (CCC track) 11:30-12:30 for both genders
Weigh-ins for the discus, shot, javelin will be 3:00-4:30 at Canby High School for both genders

Field Events

3 attempts in prelims and 3 attempts in finals
8 athletes advance to finals

Clerking

Field events: Taking place 30 minutes prior to all field events at the event site
Running events: Taking place on the south end of the infield
All athletes need to check in 30 minutes prior to the event

Starting Heights

TBD at the beginning of the event by the event official



COUGAR OPEN

Saturday, April 22nd, 2017
Tentative Schedule

Contested at Clackamas Community College – 19600 Molalla Ave Oregon City, OR 97045

1:00 Men's Hammer (Women to follow)

Hosted at Canby High School – 721 S.W. 4th Ave Canby, OR 97013

Field Events

- 5:00 Men's High Jump (Women to follow)
Men's Long Jump (Men's triple jump to follow)
Women's Long Jump (Women's triple jump to follow)
- 5:15 Women's Pole Vault (Men to follow)
- 5:00 Women's Discus (Men to follow)
Men's Javelin (Women to follow)
- 5:30 Men's Shot Put (Women to follow)

Track Events

- 5:00 Women's 4 x 100 Meter Relay – 1 ht
- 5:05 Men's 4 x 100 Meter Relay – 1 ht
- 5:10 Women's 1,500 Meters – 1 ht
- 5:20 Men's 1,500 Meters – 2 ht
- 5:35 Women's 100 Meter High Hurdles – 2 ht
- 5:45 Men's 110 Meter High Hurdles – 2 ht
- 5:55 Women's 400 Meters – 1 ht
- 6:05 Men's 400 Meters – 2 ht
- 6:10 Master 400 Meters – 1 ht
- 6:15 Women's 100 Meters – 2 ht
- 6:20 Men's 100 Meters – 4 ht
- 6:35 Women's 800 Meters – 1 ht
- 6:40 Men's 800 Meters – 3 ht
- 7:00 Women's 400 Meter Intermediate Hurdles – 1 ht
- 7:10 Men's 400 Meter Intermediate Hurdles – 1 ht
- 7:20 Women's 200 Meters – 2 ht
- 7:15 Men's 200 Meters – 3 ht
- 7:25 Masters 200 Meters – 2 ht
- 7:30 Women's 5,000 Meters – 1 ht
- 7:55 Men's 5,000 Meters – 1 ht
- 8:20 Women's 4 x 400 Meter Relay – 1 ht
- 8:25 Men's 4 x 400 Meter Relay – 1 ht