

# COUGAR DAY 2026

## Schedule of Events:

**9:00 - 10:30 AM PK - 4<sup>th</sup> Grade Field Event Competition - Football Field/Track**

**10:30 - 11:00 AM PK - 1<sup>st</sup> Grade Relay Races / Staff Races - Track**

1. 4 x 100 M Relays (Shuttle Hurdle Style)
  - Heat 1 - Preschool
  - Heat 2 - Kindergarten
  - Heat 3 - 1<sup>st</sup> Grade
2. Staff 50 M Dash

**11:00 - 12:15 PM Lunch/Bathroom Break**

**12:15 - 2:20 PM 2<sup>nd</sup> - 4<sup>th</sup> Grade Individual and Relay Races - Track**

All events will run 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> Grades

1. 400 M Dash
2. 100 M Dash
3. 200 M Dash
4. 50 M Dash
5. 800 M Run (Combined Grades)
6. 2<sup>nd</sup> - 4<sup>th</sup> Grade 4 x 100 M Relay
7. Mile (if time allows) Combined grades

**2:30 PM Back to classrooms/clean up outside**