

Revised 9/12/2024

9th Annual Life Lion Relays

Early Confirmation

March 8th, 2025

Thank you for choosing to come to our life lion relays. We always have a great time and pride ourselves on delivering an enjoyable experience for you and your athletes.

Registration will be released closer to January

Meet flow will be on a rolling schedule.

All Varsity field events will get 3 attempts at making finals and only the top 8 will get another 3 more attempts during the finals. JV Field events will only get 3 attempts with no finals. Distance will be marked by a flag and measured after finals.

Girls High Jump-Starting Height 4' 0" / Boys 5' 0"

POLE VAULT BOYS STARTING HEIGHT 8' (increase 6") GIRLS STARTING HEIGHT 6'.

(** ALL COACHES & WORKERS CAN PICK-UP LUNCH UPON ANNOUNCEMENT**)

You will be given a ticket will be handed out for lunch at the coach's meeting.

Please let me know how many coaches you will bring so that we can order the appropriate amount for lunch

All Running events will be Heat vs. Time

The link for Ticket Purchase can be found here. <https://lifelionsathletics.com/event-tickets> please send this out to your supporters and fans. The link to live results can be found here. <https://cmtrack.info> Campsites will be on the visitor side of the stadium. Please remind your athletes to stay at least 6 feet apart from other teams' campsite locations.

Meet Fee Invoice for Visiting Teams:

Make all Checks Payable to:

Attention: Scott Thrush Director of Athletics

Life School Oak Cliff (Track)

132 East Ovilla Road, Suite A.

Red Oak, TX 75154

Entry Fee-

Varsity Boys \$200 Junior Varsity Boys \$200

Varsity Girls \$200 Junior Varsity Girls \$200

All 4 divisions \$600

9th Annual Life Lion Relays Schedule of Events:

8:00 AM Scratch Meeting in Athletic Shed

<u>Start Time 9:00 AM Rolling Schedule</u>	Throwing Event	Vertical Jumps Event	Horizontal Jumps Event
Varsity Section 1	V Girls 4K Shot Put	V Girls High Jump	V Boys Long Jump
Varsity Section 1	V Boys Discus	V Boys Pole Vault	V Girls Triple Jump
Varsity Section 2	V Girls Discus	V Girls Pole Vault	V Girls Long Jump
Varsity Section 2	V Boys Shot Put	V Boys High Jump	V Boys Triple Jump
Junior Varsity Section 3	JV Girls 4K Shot Put	JV Girls High Jump	JV Boys Long Jump
Junior Varsity Section 3	JV Boys Discus	JV Boys Pole Vault	JV Girls Triple Jump
Junior Varsity Section 4	JV Girls Discus	JV Girls Pole Vault	JV Girls Long Jump
Junior Varsity Section 4	JV Boys Shot Put	JV Boys High Jump	JV Boys Triple Jump

All Events Are Final/ Rolling Schedule

Junior Varsity Open Running Events Start after the 3200m Run

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*JV Hurdles Relays will run in the afternoon. The Track will be open for Varsity warm-ups after the JV 200M

9:00 3200m Run JVG / JVB Waterfall Start	1:30 pm Senior Appreciation
9:45 3200m Run VG / VB Waterfall start	4 x 100M Relay VG/ VB
10:00 4 x 100M JVG / JVB	800M VG / VB Waterfall Start
10:15 800M JVG / JVB Waterfall start	100M HH 33" JVG / VG
10:45 100M JVG / JVB	110 HH 39" JVB / VB
11:00 4 x 200M Relay JVG / JVB	100M VG / VB
11:15 400M JVG / JVB	4 x 200M Relay JVG / VG / JVB / VB
11:30 1600M JVG / JVB	400M VG / VB
11:45 200M JVG / JVB	300M Hurdles 30" JVG / VG
12:00 Track opens for warm-up	300M Hurdle 36" JVB / VB
	200M VG / VB
	1600M VG / VB Waterfall Start
	4 x 400M Relay JVG / VG / JVB / VB