



# Life School Oak Cliff HIGH SCHOOL

## Lion Relays

Saturday, March 3, 2018

Mustang Stadium

170 Butcher Rd. Waxahachie, TX 75165

Attention Coaches,

We are inviting your teams to the **Lion Relays** track meet on Saturday, March 3, 2018. Our meet is held on a brand new competition track, with electronic timing, and plenty of space for spectators. We will run Junior Varsity Boys and Girls in the morning with Varsity Boys and Girls running in the afternoon. Varsity Field events will be held in the morning and Jv Field events will be in the afternoon. **All entries will be entered using "directathletics.com" and due by Thursday March 1st.** For more information please email **Coach Marquis Stimpson** or **Coach Walida Hewitt** at [marquis.stimpson@lifeschools.net](mailto:marquis.stimpson@lifeschools.net), [Walida.Hewitt@lifeschools.net](mailto:Walida.Hewitt@lifeschools.net)

Entry Fee: \$200 Varsity Boys \$200 Varsity Girls

\$150 Junior Varsity Boys \$150 Junior Varsity Girls

Deadline: Entry fees due by March 3, 2018

Please make checks payable to Life Athletics

Address: Attn. Andy Chester

132 E Ovilla Rd a, Red Oak, TX 75154



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Saturday, March 3, 2018

Mustang Stadium

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**Entries:** All entries must be done on "directathletics.com" by Thursday March 1st.

Full Varsity and Junior Varsity Meet

**Site:** Mustang Stadium

**Admission:** \$5 Entry all day pass

**Spectators:** Spectators should remain in the stadium bleachers during all events.

**Camps:** No camps allowed on the turf football field

Plases clean your camp area at the conclusion of the meet.

**Warm-up:** The softball field will be used as the warm-up area only.

No "hanging out" or "camps" will be allowed on the turf field.

No Food or colored beverage on turf field

**Scratch Meeting:** The meeting will be scratch only.

**Trophies:** Top 2 scoring teams in varsity divisions only

**Plaques:** 1<sup>st</sup> place varsity relays only

**Medals:** Top 3 in each event / all divisions

**SCHEDULE OF EVENTS:**



8:00 Scratch Meeting

	<b>Shot Put</b>	<b>Pole Vault</b>	<b>Triple Jump</b>
8:30	V Girls	V Girls	V Boys
10:30	V Boys	V Boys	V Girls
	<b>Discus</b>	<b>High Jump</b>	<b>Long Jump</b>
8:30	V Boys	V Boys	V Girls
10:30	V Girls	V Girls	V Boys

JV RUNNING FINALS VS. TIME

8:30	3200 m. run JVG, JVB, VG, and VB
10:00	100/110 hurdles JVG, JVB,
10:15	800 m. Dash JVG, JVB
10:30	100 m. JVG, JVB,
11:00	400 m. JVG, JVB,
11:30	300 m. IM Hurdles JVG, JVB,
12:00	200 m. JVG, JVB

\*BREAK FOR ONE HOUR (Coaches\Workers hospitality room provided)\*

	<b>Shot Put</b>	<b>Pole Vault</b>	<b>Triple Jump</b>
8:30	JV Girls	JV Girls	JV Boys
10:30	JV Boys	JV Boys	JV Girls
	<b>Discus</b>	<b>High Jump</b>	<b>Long Jump</b>
8:30	JV Boys	JV Boys	JV Girls
10:30	JV Girls	JV Girls	JV Boys



Varsity and Jv Relays Running Time

1:30	4 X 100 Relay, JVG, VG, JVB, and VB
1:50	100/110 Hurdles VG, VB
2:00	800 m. dash VG, VB,
2:15	100 m. VG, VB
2:30	400 m. VG, VB
2:45	4 X 200 Relay JVG, VG, JVB, and VB
3:15	300 m. Hurdles VG, VB
3:30	200 m. VG, VB
3:45	1600 m. run VG, VB
4:00	4 X 400 Relay, JVG, VG, JVB, and VB



## CONFIRMATION SHEET

**Return to:**

**Attention: Coach Marquis Stimpson  
Life School Oak Cliff (Track)  
4400 R.L. Thornton FWY  
Dallas, TX 75224**

**Or you can email this back to me at-  
[Marquis.Stimpson@lifeschools.net](mailto:Marquis.Stimpson@lifeschools.net)**

**SCHOOL** \_\_\_\_\_

**COACH NAME** \_\_\_\_\_

**E-MAIL** \_\_\_\_\_

**SCHOOL PHONE** \_\_\_\_\_

**COACH CELL** \_\_\_\_\_

**CHECK PARTICIPATING TEAM(S)**

\_\_\_\_\_ **VARSITY BOYS (\$200)**

\_\_\_\_\_ **VARSITY GIRLS (\$200)**

\_\_\_\_\_ **JUNIOR VARSITY BOYS (\$150)**

\_\_\_\_\_ **JUNIOR VARSITY GIRLS (\$150)**