

LINCOLN HUMANITIES/COMMUNICATIONS MAGNET HIGH SCHOOL
2826 Elsie Faye Heggins
DALLAS, TEXAS 75215

DEAR COACH,

LINCOLN HIGH SCHOOL ATHLETIC DEPARTMENT is pleased and honored to host the **23rd Annual Dr. Napoleon B. Lewis Sr. Invitational Track and Field Meet**. Please contact Coach Bell (B/G) for an official invitation to participate in our meet. We will use **Direct Athletics!** Deadline for online entries is February 22, 2018! Please make sure you take care of entry fees prior to track meet. If more information is needed please call or e-mail!

Reginald Bell: (C) 214-796-6669 (O) 972-925-7609

rbell@dallasisd.org

Meet: Dr. Napoleon B. Lewis Sr. Invitational

Date: February 24, 2018

Location: Jesse Owens Complex

Divisions: 1. Varsity Girls & Boys
2. Junior Varsity Girls & Boys

Entry Fee: Make check payable to Lincoln High School B/G Track.

(1) Team - \$150.00 & (2) Teams - \$225.00

(Ex. V. Boys- \$150.00, V. Girls-\$150.00 Total \$300.00)

(Ex. VB & JVB = \$225.00, VG & JVG = \$225.00)

(\$400.00 maximum for all 4 divisions/teams)

(Boys & Girls teams are separate in price)

Address: Please send entry fees to
Attn. Reginald Bell (B/G Track)
Lincoln High School Athletics
2826 Elsie Faye Heggins
Dallas, Texas 75215

Deadline: Entry fees must be postmarked no later than **February 15, 2018**

Awards: Trophy for 1st and 2nd place team champions for varsity divisions
Award (Trophy/Plaque) for winning relay teams (all divisions)
Medals for 1st, 2nd and 3rd place finishers in all events

Admission: All competitors and coaches will be allowed in the meet free of charge.

Fees: Students --- \$5.00

Adults: ----- \$5.00

NO PASSES!

NO PASSES!

NO PASSES!

NO PASSES!

IF YOU HAVE ANY QUESTIONS PLEASE CONTACT:

Reginald Bell

Head Girls Coach

Cell: (214) 796-6669

School: (972) 925-7609

Courtney Allen

Head Boys Track

Cell: (214) 382-8150

School: (972) 952-7600

**Return to:
Lincoln High School
2826 Elsie Faye Heggins
Dallas, Texas 75215
Attention: Coach Reginald Bell (B/G)**

NOTE: Confirmation must be received by January 31, 2018

School _____

Coach Name _____

e-mail address _____

School Phone No. _____

Home Phone No. _____

_____ **YES, we will attend the Dr. Napoleon B. Lewis Sr. Invitational**

_____ **NO, we will not attend the Dr. Napoleon B. Lewis Sr. Invitational**

PLEASE DENOTE POSSIBLE DIVISIONS.

CHECK PARTICIPATING TEAM(S)

Varsity:

Boys _____

Girls _____

Junior Varsity:

Boys _____

Girls _____

2018 Schedule of Events

Times: 7:30 - 8:00 Worker's meeting
8:00 - 8:30 Coach's meeting
8:45 Field Events (Finals)
8:45 3200m Run (VG) & (VB) Rolling Schedule
LUNCH
2:30 Finals
End of Meet Presentation of Awards

TIMES ARE SUBJECT TO CHANGE

8:45 Order of Field Events (Varsity Only) (Qualifying Standards on all field events)

| | | |
|-------------|-------------------------|---------------------|
| TRIPLE JUMP | GIRLS-BOYS | 4 JUMPS NO FINALS |
| LONG JUMP | BOYS-GIRLS | 4 JUMPS NO FINALS |
| HIGH JUMP | GIRLS STARTING HEIGHT | 4' 6" (2" up to 5') |
| | BOYS STARTING HEIGHT | 5' 6" (2" up to 6') |
| POLE VAULT | BOYS STARTING HEIGHT 8' | (increase 6 inches) |
| SHOT PUT | BOYS-GIRLS | 4 THROWS NO FINALS |
| DISCUS | GIRLS-BOYS | 4 THROWS NO FINALS |

Morning Session

****8:45 PRELIMS Some Events will be Heat vs. Time in the morning as finals****

| | |
|---------------------------------|-----------------------|
| 3200m RUN (final) | (VG) (VB) |
| 400M RELAY (Prelims All Levels) | (JVG) (JVB) (VG) (VB) |
| 100m HURDLES (Heat vs Time) | (JVG) (VG) |
| 110m HURDLES (Heat vs Time) | (JVB) (VB) |
| 100m Dash (Heat vs Time) | (JVG) (JVB) |
| 100m DASH (Prelims) | (VG) & (VB) |
| 400m DASH (Heat vs Time) | (JVG) (JVB) (VG) (VB) |
| 300m L.HURDLES (Heat vs Time) | (JVG) (VG) (JVB) (VB) |
| 200m DASH (Heat vs Time) | (JVG) (JVB) (VG) (VB) |

LUNCH AFTER Morning Session---COACHES & WORKERS (1.5 Hour Break) (adjust as needed)

**** 2:30 Afternoon Session Rolling Schedule**

| | |
|---------------------------------|--------------------|
| 400m RELAY (Final) | (JVG)(JVB)(VG)(VB) |
| 3200m RELAY (Final) | (VG) (VB) |
| 100m DASH (Final) | (VG) (VB) |
| 800m RELAY Final (Heat vs Time) | (JVG)(JVB)(VG)(VB) |
| 1600m RUN (Heat vs Time) | (VG) (VB) |
| 1600m RELAY (Heat vs Time) | (JVG)(JVB)(VG)(VB) |