

**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 **24<sup>th</sup> 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 21, 2019! 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](mailto: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 14, 2018**

**Awards:** Trophy for 1<sup>st</sup> and 2<sup>nd</sup> place team champions for varsity divisions  
Award (Trophy/Plaque) for winning relay teams (all divisions)  
Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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!**

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**IF YOU HAVE ANY QUESTIONS PLEASE CONTACT:**

**Reginald Bell**

**Head Girls Coach**

**Cell: (214) 796-6669**

**School: (972) 925-7609**

**Everett Green**

**Head Boys Track**

**Cell: (817) 800-0473**

**School: (972) 925-7609**

**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 11, 2019**

**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** \_\_\_\_\_

## 2019 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	3 JUMPS NO FINALS
LONG JUMP	BOYS-GIRLS	3 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)
	GIRLS STARTING HEIGHT	OPEN
SHOT PUT	BOYS-GIRLS	3 THROWS NO FINALS
DISCUS	GIRLS-BOYS	3 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 I.HURDLES (Heat vs Time)	(JVG) (VG) (JVB) (VB)
200m DASH (Heat vs Time)	(JVG) (JVB) (VG) (VB)

LUNCH AFTER Morning Session---COACHES & WORKERS (1- 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)