



Life School Oak Cliff HIGH SCHOOL

Lion Relays

Saturday, March 2, 2019

Mustang Stadium

170 Butcher Rd. Waxahachie, TX 75165

Attention Coaches,

We are inviting you and your teams to the **Life Lion Relays** track meet on Saturday, March 2, 2019. The relays will have fully automatic timing with 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 "athletic.net" and due by Friday March 1st.** For more information please email **Coach Stimpson or Coach Hewitt** at marquis.stimpson@lifeschools.net, Walida.Hewitt@lifeschools.net

Entry Fee: \$200	Varsity Boys	\$200	Varsity Girls	
	\$150	Junior Varsity Boys	\$150	Junior Varsity Girls

All teams all/ divisions \$400 per school

Deadline: Entry fees due by March 2, 2019

Please make checks payable to Life Athletics

Address: Attn. Andy Chester

132 E Ovilla Rd a, Red Oak, TX 75154



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Entries: All entries must be done on "athletic.net" by Friday 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: 1st place varsity relays only

Medals: Top 3 in each event / all divisions



SCHEDULE OF EVENTS:

8:00 Scratch Meeting

	<u>Shot Put</u>	<u>Pole Vault</u>	<u>Triple Jump</u>
8:30	V Girls	V Girls	V Boys
10:30	V Boys	V Boys	V Girls
	<u>Discus</u>	<u>High Jump</u>	<u>Long Jump</u>
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
9:00	4 X 100 M Relay JVG, JVB
9:30	800 M. Dash JVG, JVB
10:00	100 M. JVG, JVB,
10:45	4 X 200 M Relay JVG, JVB
11:00	400 M. JVG, JVB,
11:15	200 M. JVG, JVB
11:45	4 X 400 M. JVG, JVB

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

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



Varsity Running Finals against time

*will include JV Hurdles

1:00	4 X 100 Relay, VG and VB
1:25	100/110 Hurdles JVG, VG, JVB, 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 VG, VB
3:15	300 m. Hurdles JVG, VG, JVB, VB
3:30	200 m. VG, VB
3:45	1600 m. run VG, VB
4:00	4 X 400 Relay VG, 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

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)

_____ All 4 teams (\$400)