

SOUTHLAKE CARROLL INVITATIONAL

HOSTED BY: SOUTHLAKE CARROLL SENIOR HIGH SCHOOL

SPONSORED BY LUKE'S LOCKER

1501 W. Southlake Blvd., Southlake, Texas 76092

SCHOOL: 817-949-5935 FAX 817-949-5858



DATE: Saturday, September 10, 2011

SCHEDULE: ROLLING SCHEDULE (Check-In time at 7:00am)
8:00 a.m. 5A GIRLS VARSITY(2-mile)
5A BOYS VARSITY(5K)
5A GIRLS JV(2-mile)
5A BOYS JV(5K)
4A & under GIRLS VARSITY(2-mile)
4A & under BOYS VARSITY(5K)
4A AND UNDER GIRLS JV(2-mile)
4A AND UNDER BOYS JV(5K)

MEET COURSE: ****Bob Jones Park**** 3901 N. White Chapel Southlake, TX 76092
A grass/dirt trail in a wooded area with a scenic lake view and lots of trees finishing around a manicured park area.

DISTANCE: Please note that the girls will be running the 2 – mile race.

AWARDS: Team Championship Trophy (all divisions)
Team Runner-up Trophy (all divisions)
Individual Medals for top 10 (all divisions)

DIVISIONS: Varsity Boys and Girls (7 runners only)
JV Boys and Girls (unlimited runners)

BUS INFORMATION: WE WILL DEPART FROM LEGACY @ 6:00 AM. Please arrive at Legacy at 5:30-5:45 am to ensure we depart from the school on time. TRAVEL TIME IS APPROXIMATELY THIRTY-FIVE MINUTES AND WE NEED TO GET THERE EARLY TO SET UP TENT, CHECK IN, AND GET TENTS SET UP!!!!

PLEASE ASSURE THAT TENTS/WATER JUGS/FIRST AID KITS ARE LOADED ON BUS!!!

RETURN to Legacy at approximately 1:00 PM – Will call when we leave the Meet

Reminders

- You must have your uniform on when you get on the bus!!
- Bring your sweats or wind suit!! (KEEP TRACK OF YOUR OWN EQUIPMENT!!!!!!!!!!!!)
- Bring money for the concession stand or healthy snacks.

- Bring bottled water or a JUG of water!!!
- We should have one camp site not two or three!!
- Wear a watch!
- DO NOT MISS YOUR RACE!!!!
- WARM UP!!!! & COOL DOWN 10-15 MINUTES AS A TEAM AT THE CONCLUSION OF YOUR RACE!!!
- SHOW CLASS AND BE RESPECTFUL AT ALL TIMES!!!
-

Coach Lacy Beckler – (817)299-1219 office; (817) 269-1817 cell

Varsity 5A Girls: TBD

Varsity 5A Boys: TBD

JV Girls: TBD

JV Boys: TBD

Manager: TBD