

Life Waxahachie Mustang Stampede



Thursday, September 24th

Session #1 - Varsity 8:00 am
Session #2 - Junior Varsity 10:00 am
Session #3 - Varsity 12:00 noon
Session #4 - Junior High 4:30 pm

Revised 8/28/2020

- Location:** Waxahachie Sports Complex
151 Broadhead Rd on the north side of 287 in Waxahachie
- Distance:** Varsity and JV Boys 5k (3.1 miles)
Varsity Girls/ JV Girls/ Junior High 2 miles
- Awards:** Individual Medals only for top 10 (all divisions)
- Entries:** Please register on TxMileSplit.com. Entries must be finalized by Tuesday, Sep. 22nd at 12noon.
\$75 per Team per Division – (\$300 for all divisions)
Make checks payable to: Life School
Please mail to: Life School, 132 East Ovilla Road, Suite A, Red Oak, TX 75154
Or you can bring it to the meet.

High School Teams: Limit 8 schools per race, max 10 runners for each school

Junior High Teams: Limit 6 schools per race, max 10 runners for each school

Meet Guidelines

Results:

Cowtown timing will have a printed copy of the results for each school in each race. When your race is over, the coach should come over to the timing trailer and pick up the printed results packet. Only the coach should come and not managers.

Spectators:

All spectators will have to wear masks and practice social distancing. When the race is over we will be rushing you off to bring in the next wave of schools.

Team Camps:

There will be no team tents allowed to be set up to help with getting schools ushered in and out. Each school will have designated set of bleachers to keep their belongings. We encourage the use of masks while not racing or warming up and when going to the restrooms.

Teams entered:

Morning Sessions

<p>Session #1 – Varsity Boys/Girls 8:00am Alvarado Arlington High Carrolton Ranchview Ferris Hillsboro Life Oak Cliff Life Waxahachie Midlothian Heritage</p>	<p>Session #2 – JV Boys/Girls 10:00am Carrolton Ranchview Duncanville Ferris Hillsboro Life Oak Cliff Life Waxahachie Midlothian Heritage Red Oak</p>	<p>Session #3 – Varisty Boys/Girls 12:00noon Duncanville Ennis Canton Godley Lancaster Rockwall Scurry Rosser</p>
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Afternoon Sessions

<p>Session #4 – JH boys and girls 7th and 8th grade mixed 4:30pm Alvarado Ferris Midlothian – Walnut Grove Life Waxahachie Waxahachie A Waxahachie B</p>		
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Detailed schedule:

<p>Session #1 7:15 arrive check in and warm up 8:00 Boys 5k 8:25 Girls 2mi Cool Down 9:15 busses leave</p>	<p>Session #3 11:15 busses unload check in and warm up 12:00 Boys 5k 12:25 Girls 2mi Cool Down busses leave</p>	<p>Session #4 3:30 arrive check in and warm up 4:30 boys 2mi 4:50 girls 2mi Cool down and leave</p>
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Session #2
 9:15 busses unload
 check in and warm up
 10:00 Boys 5k
 10:25 Girls 2mi
 Cool Down
 11:15 busses leave

***Coaches, if you arrive before time to unload you can have one of your coaches come check in and get bib numbers to distribute to athletes before unloading.

MUSTANG STAMPEDE 2020 5K ROUTE (2 LAPS)



BUS PARKING SESSIONS #1 AND #4 ONLY

TEAM CAMP AREA "A" SESSIONS 1,3,4

TEAM CAMP AREA "B" SESSIONS 2, 5

BUS PARKING SESSION #2 AND #5

SPECTATOR/PARENT PARKING AREA

BUS PARK SESSIONS #3 ONLY

NO PARKING !!! SCHOOL AND TRACK ARE OFF LIMITS.

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3

2



MUSTANG STAMPEDE 2020
2MI ROUTE (1 LAP)



PARKING INFO CAN BE
FOUND ON THE 5K MAP

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**** Please email me if you plan on bringing your teams. If you have any questions, feel free to call or email.**

Daniel Dagen

Head Coach

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