

Coaches, Parents, and Runners,

We are excited to host you at this year's **NTX Winter 3200/800** on **Saturday, 1/31**. Please read this email in its entirety, as it contains important meet information. Our goal is to run a smooth, competitive meet for all athletes, and we appreciate your cooperation in helping make that happen.

Heats and race schedules have been finalized and posted. To make the most of Saturday's sunlight, we will begin and conclude races earlier than usual.

1. Heat Sheets & Race Schedule

When reviewing the heat sheets, please note your **race/section, check-in time, and race time**.

- [Heat Sheets](#)
- [Race Schedule](#)
- **Timing Company Website:** [NTX Timing](#)

(All links can be found under the **Meet Info & Live Results** tab.)

2. Track Location

Carroll High School

800 North White Chapel Blvd
Southlake, TX 76092

3. Bib Pickup & Meet Entry

Upon arrival, athletes must check in at the designated gate to receive a bib for entry onto the track.

- Please pin the bib **immediately** to your uniform
 - Each bib contains a race chip to track splits — **do not bend or fold bibs**
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4. Spectator Entry

A designated spectator gate will be available.

- **Spectator entry fee:** \$5

T-Shirts for sale \$25

5. Race Check-In

- Runners must check in **10 minutes before their race** at the starting line
 - Check-in times are listed on the race schedule
 - Bibs must be worn at check-in
 - **No watches are allowed during races**
 - Athletes will be lined up in section order 10 minutes prior to race start
 - We will remain **on schedule**
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6. Turf Field Policy

- **No food or drinks are allowed on the turf field**
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7. Timing & Results

- [Live results](#) will be available throughout the meet
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8. Meet Updates

Any meet updates will be communicated via email and on social media:

- **Twitter/X:** @LonestarRunning
 - **Instagram:** @lonestar_running
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Thank you, and we look forward to a great day of racing.

Lonestar Running

www.lonstarrunningco.com