



Lady Pack Olympic Day

■ TUESDAY
July 31

**FREE
T-Shirt**
to first 50 who
register

■ REGISTRATION
10:30 - 11:00 am

■ **\$25** REGISTRATION FEE
(PARENTS MUST SIGN WAIVER)

■ For info, contact Coach Boyd:
936-630-4131
jboyd@lufkinisd.org

A day filled with fun,
team, athletic competitions:

• 10:30 am - 11 am:

Registration in the gold gym at LHS
(enter through the back athletic entrance)

• 11:15 am - 12:15 pm:

Team competitions at Fitt Life

• 12:30 pm - 1:15 pm:

Lunch at Grace Dunne Park
(Subway sandwiches/bottled water provided)

• 1:30 pm - 2:45 pm:

Team competitions at CrossFit Lufkin

• 3 pm - 4 pm:

Swim at LiveWell

• 4:15 pm:

Return to LHS, pick up at Gold Gym



ALL INCOMING 6TH-12TH
LADY PACK (& FUTURE LADY PACK)
ATHLETES WELCOME!

