



North Lincoln High School Athletics  
Winter Track

Date	Meet	Location	Start Time
12/9	JDL Fast Track	Winston Salem	5:00 p.m.
12/17	JDL Invitational	Winston Salem	9:00 a.m.
12/21	NLHS Meet	NLHS	4:00 p.m.
1-6	JDL Fast Track	Winston Salem	5:00 p.m.
<b>1/11</b>	<b>NLHS Meet</b>	<b>NLHS</b>	<b>4:00 p.m.</b>
<b>1/14</b>	<b>NLHS Meet</b>	<b>NLHS</b>	<b>10:00 a.m.</b>
1/21	JDL Fast Track	Winston Salem	9:00 a.m.
1/27-1/28	JDL Fast Track	Winston Salem	9:00 a.m.
2/10	State Meet	Winston Salem	TBA

Head Coach: Jerry Castro

Assistant Coaches: Tyler Covington and Neely Miller

Athletic Director: Dennis Frye

Principal: Chip Cathey