

FLAMES INVITATIONAL

presented by Jones Properties

April 7th-8th - 2023

Contact Information:

Meet Director

Caleb Morgan

cmorgan@leeuniversity.edu

Teams: *We expect to have around 90-110 teams attending.*

Spectators: \$10 per person, children under 12 years old will be free.

Packet Pick-Up: Packet pick-up will be located in the concession stand.

Implement Weigh-In: All implements must be weighed in before competition begins at the back of the javelin runway. Implements not making weight will be impounded until the conclusion of the throwing events.

Throws: Each athlete will receive three warm-up throws. The top nine athletes will advance to finals.

Check-in: All track athletes must check in 45 minutes before their race for hip numbers. Heats will not be assigned until Thursday evening. All Scratches must be made by then.

For the field events you must check in 45 minutes before the scheduled start of the first flight. Check-in will be located by the jump runways

Rules: All NCAA rules will be followed at this meet.

Facility: All new in 2020: track has an 8 lane, 48 inch Beynon surface. The javelin, pole vault and jump runways are also Beynon. The hammer, discus, and shot all have their own throwing ring. **NEW for 2023 Raised Runway** - Men's runway boards are 8ft, 32ft and 40ft. Women's runway boards are 8ft, 32ft and 40ft.

Athletic Trainers: We will have a tent on the infield with trainers and ice, please bring your own tape as we will not be using our own tape on other team's athletes.

Preferred Vendors:

Jones Properties

Caldwell Banker Kinard Realty

Fastbreak Athletics

Olive Garden

Chick-fil-a

Dos Bros

Xpress Timing

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Final meet schedule – 4/5/23

FRIDAY FIELD

| | |
|---------|--|
| 10:00am | Men's Hammer * women to follow |
| 1:00pm | Men's High Jump* women to follow |
| 3:00pm | Men's Discus * women to follow |
| 3:00pm | Women's Triple Jump *men to follow (Raised Runway) |
| 6:00pm | Men's Pole Vault |

FRIDAY TRACK

| | |
|--------|---|
| 9:00am | 10000 Meter (Men - Section 1) |
| 9:45am | 10000 Meter (Women – Section 1) |
| 1:00pm | NATIONAL ANTHEM |
| 1:15pm | 200 Meter (Women) |
| 1:50pm | 200 Meter (Men) |
| 2:30pm | 1500 Meter (Women) {Sections 1, 2, 3} |
| 3:15pm | 1500 Meter (Men) {Sections 1, 2, 3, 4} |
| 4:00pm | 400 Hurdles (Women) |
| 4:25pm | 400 Hurdles (Men) |
| 5:00pm | 5000 Meter (Women) {Section 1 and 2} |
| 5:50pm | 5000 Meter (Men) {Section 1, 2, 3 and 4} |
| 7:20pm | 1500 Meter (Women) {Elite sections 4 and 5} Paced for 4:18-21 |
| 7:35pm | 1500 Meter (Men) {Elite section 5 and 6} Paced for 3:42-43 |
| 7:50pm | 5000 Meter (Women) {Elite sections 3 and 4} Paced for 16:05-10 |
| 8:30pm | 5000 Meter (Men) {Elite Sections 5 and 6} Paced for 13:50-55 |
| 9:05pm | 10000 Meter (Women) (Elite Section 2) Paced for 34:40-50 |
| 9:45pm | 10000 Meter (Men) (Elite Section 2) Paced for 29:15-25 |

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SATURDAY FIELD

| TIME | EVENT |
|---------|--|
| 10:00am | Women's Javelin *Men to follow |
| 10:00am | Women's Pole Vault |
| 11:00am | Women's Long Jump *Men to follow (Raised Runway) |
| 1:00pm | Men's Shot Put *Women to follow |

SATURDAY TRACK

| TIME | EVENT |
|---------|---|
| 10:30am | 3000 Meter Steeple (Women) |
| 11:05am | 3000 Meter Steeple (Men) |
| 11:45am | 4x100 Meter Relay (Women) |
| 11:55pm | 4x100 Meter Relay (Men) |
| 12:10pm | 400m (Women) |
| 12:35pm | 400m (Men) |
| 1:10pm | 100 Hurdles (Women) |
| 1:35pm | 110 Hurdles (Men) |
| 2:00pm | 800 Meters (Women) Paced for 2:06-2:07 |
| 2:35pm | 800 Meters (Men) Paced for 1:46-47 |
| 3:15pm | 100 Meters (Women) |
| 3:40pm | 100 Meters (Men) |
| 4:10pm | 4x400 Meter Relay (Women – sections will be run slow to fast) |
| 4:20pm | 4x400 Meter Relay (Men- sections will be run slow to fast) |