

# Lee University – Fast Break Athletics Invitational

## April 5th-6th, 2024

### Contact Information

#### **Meet Director**

Caleb Morgan

[cmorgan@leeuniversity.edu](mailto:cmorgan@leeuniversity.edu)

**Teams:** *We expect to have around 100 teams attending.*

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

**Entry Deadlines:** All entry deadlines will be posted on [www.directathletics.com](http://www.directathletics.com). Entry deadline will be Monday, April 1st at 5:00pm.

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

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

**Check-in:** All track athletes must check in 45 minutes before their race for hip numbers. Heats will not be assigned until Wednesday 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:** **USATF SANCTIONED EVENT** - All NCAA rules will be followed at this meet.

**Facility:** 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. Men's runway boards are 8ft, 32ft and 40ft. Women's runway boards are 8ft, 32ft and 40ft. **NEW raised runway.**

**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.

**Spikes:** Maximum spike length will be ¼-inch pyramids. Judges and clerks will be checking shoes at check-in for each event. Athletes will be disqualified for illegal spikes.

**Starting Heights:** Pole Vault: Women 2.85m, Men 3.80m  
High Jump: Women 1.47m, Men 1.71m

**Entry Fee:** \$80 per athlete (\$800 per team). Unattached athletes will be allowed. For entries to be accepted you must pay in advance. This is an entry fee, not a competition fee.

*Payment will be based on entries when they are closed on Direct athletics.*

<b>Women</b>	<b>EVENT</b>	<b>Men</b>
-	100m	-
-	200m	-
-	400m	-
2:35	800m	2:05
5:12	1500m	4:18
19:50	5000m	16:15
40:50:00	10000m	33:30:00
-	100m/110 m H	-
1:12.50	400 hurdles	1:01.50
12:50	3000m SC	10:40
4.65m	Long Jump	6.00m
10.00m	Triple Jump	12.25m
1.47m	High Jump	1.71m
2.85m	Pole Vault	3.80m
10.00m	Shot Put	12.00m
Top 32 entries	Discus, Hammer, and Javelin	Top 32 entries

# FLAMES INVITATIONAL

## Final Schedule

### FRIDAY FIELD

10:00am	Men's Hammer
1:00pm	Women's Hammer
1:00pm	Men's High Jump* women to follow
1:00pm	Women's Pole Vault* men to follow
4:00pm	Men's Shotput
4:00pm	Women's Javelin
4:00pm	Women's Triple Jump (raised runway)
7:00pm	Men's Triple Jump (standard runway)

### FRIDAY TRACK

10:00am	10k (Men Section 1)
1:30pm	200 Meter (Men)
2:10pm	200 Meter (Women)
2:45pm	400 Hurdles (Men)
3:05pm	400 Hurdles (Women)
3:35pm	1500 Meter (Men)
4:10pm	1500 Meter (Women)
4:30pm	5000 Meter (Men) Sections 1, 2, 3, 4
5:45pm	5000 Meter (Women) Sections 1, 2, 3
6:45pm	Mile (Women) {Elite section/ Top 15 Athletes}
6:55pm	Mile (Men) {Elite section/ Top 15 Athletes}
7:05pm	5000 Meter (Men Elite Section)
7:25pm	5000 Meter (Women Elite Section)
7:50pm	10k (Men Elite Section)
8:30pm	10k (Women Elite Section)

### SATURDAY FIELD

TIME	EVENT
9:00am	Men's Javelin
9:30am	Women's Shotput
10:30am	Women's Long Jump (raised runway)
12:00pm	Women's Discus
1:30pm	Men's Long Jump (raised runway)
3:00pm	Men's Discus

### SATURDAY TRACK

TIME	EVENT
10:30am	3000 Meter Steeple (Men)
11:05am	3000 Meter Steeple (Women)
11:45am	4x100 Meter Relay (Men)
11:55am	4x100 Meter Relay (Women)
12:05pm	400m (Men)
12:30pm	400m (Women)
12:55pm	110 Hurdles (Men)
1:15pm	100 Hurdles (Women)
1:35pm	800 Meters (Men)
2:15pm	800 Meters (Women)
2:50pm	100 Meters (Men)
3:20pm	100 Meters (Women)
3:45pm	4x400 Meter Relay (Men)
3:55pm	4x400 Meter Relay (Women)