

Lee University – Fast Break Athletics Invitational

April 10th-11th, 2026

Contact Information

Meet Director

Caleb Morgan

cmorgan@leeuniversity.edu

Teams: *We expect to have around 70 teams attending.*

Paced Events:

Men's 800m – heat 1 – 1:48

Women's 800m – heat 1 – 2:06

Men's 1500m – heat 1 – 3:40

Women's 1500m – heat 1 – 4:18

Men's 1500m – heat 2 – 3:48

Women's 1500m – heat 2 – 4:32

Men's 5k – heat 1 – 13:50

Women's 5k – heat 1 – 16:10

Men's 5k – heat 2 – 14:25

Women's 5k – heat 2 – 17:20

Men's 10k – heat 1 – 29:40

Women's 10k – heat 1 – 34:40

Men's 10k – heat 2 – 31:15

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

Entry Deadlines: All entry deadlines will be posted on www.directathletics.com. Entry deadline will be Tuesday, April 7th - 2:00pm ET.

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 boards for 2026.**

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.

FLAMES INVITATIONAL Schedule

FRIDAY FIELD

10:30am	Men's Hammer
11:00am	Men's High Jump* women to follow
1:30pm	Women's Hammer
3:00pm	Women's Pole Vault* men to follow
3:00pm	Women's Long Jump
3:30pm	Men's Shotput
4:30pm	Women's Javelin
5:00pm	Men's Long Jump

FRIDAY TRACK

2:00pm	200m (Men)
2:35pm	200m (Women)
3:05pm	400 Hurdles (Men)
3:25pm	400 Hurdles (Women)
3:55pm	1500m (Men – heats 1-2-3)
4:25pm	1500m (Women – heats 1-2-3)
5:05pm	5000m (Men – heats 1-2)
5:45pm	5000 (Women – heat 1)
6:10pm	1500m (Women – heats 4) 73s per 400 – 4:32 pace – Sydney Liddle
6:15pm	1500m (Women – heat 5) 70s per 400 – 4:22 pace – Aria Hawkins
6:30pm	1500m (Men – heat 4) 61s per 400 – 3:48 pace – Owen Pearce
6:35pm	1500m (Men – heat 5) 59s per 400 – 3:40 pace – Roberto Fajardo
6:45pm	5000m (Men – heat 3) 69s per 400 – 14:22 pace – Owen Pearce
7:05pm	5000m (Men – heat 4) 66.5s per 400 – 13:52 pace – Ryan Lovelace
7:25pm	5000m (Women – heat 2) 84s per 400 – 17:30 pace – Sydney Liddle
7:45pm	5000m (Women – heat 3) 78s per 400 – 16:15 pace – Aria Hawkins
8:05pm	10k (Men - heat 1) 75s per 400 – 31:15 pace – Edimo Ninteretse
8:40pm	10k (Men - heat 2) 71s per 400 – 14:50 pace – Ryan Lovelace
9:20pm	10k (Women – heat 1) 86s per 400 – 34:45 – Aria Hawkins

SATURDAY FIELD

TIME	EVENT
9:00am	Men's Javelin
9:30am	Women's Shotput
10:30am	Women's Triple Jump
11:30am	Men's Discus
1:30pm	Men's Triple Jump
1:45pm	Women's Discus

SATURDAY TRACK

TIME	EVENT
10:30am	5000m race walk (Men/Women)
11:15am	3000 Meter Steeple (Men)
11:40am	3000 Meter Steeple (Women)
12:10pm	4x100 Meter Relay (Men)
12:15pm	4x100 Meter Relay (Women)
12:20pm	400m (Men)
12:35pm	400m (Women)
12:55pm	110 Hurdles (Men)
1:10pm	100 Hurdles (Women)
1:25pm	800 Meters (Men) 52.5 at 400 – 1:47-1:48 pace – Roberto Fajardo
1:55pm	800 Meters (Women) 61 at 400 – 2:06-2:07 pace – Aria Hawkins
2:20pm	100 Meters (Men)
2:40pm	100 Meters (Women)
3:00pm	4x400 Meter Relay (Men)
3:15pm	4x400 Meter Relay (Women)