



Lightning Sprint Out Invites Series

Where: Dr. Krop High School. 1410 NE 215 Street Miami, FL 33179

Time: 2:00 pm to 6:30 pm

Coaches Meeting and Payment: 1:50 pm by the finish Line timing tent table.

Meet Information: Limited 7 teams.

Team Entry Fee is \$75 per gender.

Individual Entry Fee is \$25.

Cash, money orders, cashier's checks, or school-issued checks can all be used to cover entry. No Refund!

Please make checks payable to

Dr. Michael Krop S. HS. Attn: Track/Field. 1410 NE 215 Street Miami, FL 33179

*Please email meet director for invite details to this meet.

Contact: asiwitness@gmail.com for entry.

Meet Structure:

The meet will operate on a rolling schedule all time finals running events.

The Time Schedule is tentative until all entries are received.

This meet will only include some Field Events and All Running Events!

Timing Information:

Fully automatic timing, results posted online on direct athletics/TFRRS.

Tentative Meet Schedule: (TIMED FINALS)

2:05 pm Field Events (Girls & Boys)

2:10 pm Girls /Boys 4x800m

3:00 pm Girls 100m Hurdles and Boys 110m Hurdles

3:10 pm Girls /Boys 100m

3:25 pm Girls /Boys 1600m

3:45 pm Girls /Boys 4x100m

3:55 pm Girls /Boys 400m

4:30 pm Girls /Boys 400m Hurdles

4:45 pm Girls /Boys 800m

5:00 pm Girls /Boys 200m

5:25 pm Girls /Boys 3200m

5:40 pm Girls /Boys 4x400m

****Invited Teams Coaches we are requesting your assistances in completing field event section before the running events.**

Field Events (Boys / Girls)

***** (High Jump, Discus and Pole Vault will Not be contested.) *****

3 - Attempt for Long Jump, Triple Jump, Shot Put and Javelin measurements in meters.

****Bus Drop Off Teams and Parking: located inside Ives Estates Park Entrance next to basketball /tennis courts.**

****Register for our other Lightning Sprint Out Invitation Series****

