



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:

Full automatic timing, results posted online on directathletics.com.

Tentative Meet Schedule: (TIMED FINALS)

2:00pm Field Events (Girls & Boys)

2:05pm Girls /Boys 4x800m

2:20pm Girls 100m Hurdles

2:25pm Boys 110m Hurdles

2:30pm Girls /Boys 100m

3:00pm Girls /Boys 1600m

3:20pm Girls /Boys 4x100m

3:30pm Girls /Boys 400m

3:50pm Girls /Boys 400m Hurdles

4:10pm Girls /Boys 800m

4:30pm Girls /Boys 200m

5:00pm Girls /Boys 3200m

5:40pm Girls /Boys 4x400m

Men and Women Elite Development Events: 100m, 200m and 400m

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

****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****