



**Lightning Sprint Out Invites Series
2025 FHSAA Regular Season All Approved Qualifying Meets.**

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

Teams Arrival Time: 12:30 pm.

Coaches Meeting and Payment: 12:45 pm by the finish Line timing tent table.

Meet Information: Teams Limit.

Team Entry Fee is \$75 per gender or \$150 for School-issued checks, Cash, money orders, cashier's checks can all be used to cover entry. No Refund!

Please make checks payable to: Dr. Michael Krop HS. Attn: Track/Field. 1410 NE 215 Street Miami, FL 33179.

Contact: asiwitness@gmail.com for invite entry request.

Meet Structure:

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

The Time Schedule is tentative, this meet will only include some Field Events and All Running Events!

Timing Information: Full Automatic Timing: results posted online: florida.tfrrs/flms.

Tentative Meet Schedule:

1:00 pm Field Events (Girls / Boys) and 1:00 pm Girls / Boys 4 x 800m Relay.

We are requesting team coaches' assistances in completing the field/ hurdles events.

3 - Attempt for Long Jump, Triple Jump, Shot Put and Javelin

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

2:00 pm Running Tentative Schedule: (TIMED FINALS)

Girls 100m / Boys 110m Hurdles

Girls /Boys 100m

Girls /Boys 1600m

Girls /Boys 4x100m

Girls /Boys 400m

Girls /Boys 400m Hurdles

Girls /Boys 800m

Girls /Boys 200m

Girls /Boys 3200m

Girls /Boys 4x400m

****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****