



Lightning Sprint Out Invites

Date: Tuesday March 7, 2023

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

Time: 2pm to 6:30pm

Coaches Meeting: 1:45pm by the timing tent table. (Finish Line)

Meet Information:

Team Entry Fee is \$75 per gender.

Individual Entry Fee is \$25.

Meet entry fees can be paid by School issued check, Money Order /Cashier's Check and or Cash. 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 of track and field for invite details to this meet.
Limited 7 teams

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:

Timing Inc. will provide fully automatic timing and live results for the
Lightning Sprint Out Invitational

Tentative Meet Schedule: (TIMED FINALS)

2:00pm Field Events (B & G)

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

Field Events (Boys / Girls)

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

*****We will Not contest these events*****

(High Jump, Discus and Pole Vault.)

Hurdles races will be limited to 3 entries per school

All races will be Girls first, followed by Boys

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

