

# Lee University – Fast Break Athletics Invitational

## April 11th-12th, 2025

### Contact Information

#### Meet Director

Caleb Morgan

[cmorgan@leeuniversity.edu](mailto: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. No Pets Allowed.

**Entry Deadlines:** All entry deadlines will be posted on [www.directathletics.com](http://www.directathletics.com). Entry deadline will be Tuesday, April 8<sup>th</sup> - 1:00pm 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 runways for 2025 .**

**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.

**LEE UNIVERSITY – FAST BREAK ATHLETICS 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 4-5)   |
| 6:30pm | 1500m (Men – heats 4-5)     |
| 6:45pm | 5000m (Men – heat 3)        |
| 7:05pm | 5000m (Men – heat 4)        |
| 7:25pm | 5000m (Women – heat 2)      |
| 7:45pm | 5000m (Women – heat 3)      |
| 8:05pm | 10k (Men - heat 1)          |
| 8:40pm | 10k (Men - heat 2)          |
| 9:20pm | 10k (Women – heat 1)        |

**SATURDAY FIELD**

| <b>TIME</b> | <b>EVENT</b>        |
|-------------|---------------------|
| 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**

| <b>TIME</b> | <b>EVENT</b>                |
|-------------|-----------------------------|
| 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)            |
| 1:55pm      | 800 Meters (Women)          |
| 2:20pm      | 100 Meters (Men)            |
| 2:40pm      | 100 Meters (Women)          |
| 3:00pm      | 4x400 Meter Relay (Men)     |
| 3:15pm      | 4x400 Meter Relay (Women)   |