

Lee University – Fast Break Athletics Invitational

April 10th-11th, 2026

Contact Information

Meet Director

Caleb Morgan

cmorgan@leeuniversity.edu

Teams: We expect to have around 75 teams attending.

Paced Events:

NEW THIS YEAR - All distance events will utilize WaveLight pacing technology. Below are the projected pacing targets for each heat.

Men's 800m	Women's 800m	Men's 1500m	Women's 1500m
Heat 1 – 1:49.00	Heat 1 – 2:06.50	Heat 1 – 3:41.00	Heat 1 – 4:15.00
Heat 2 – 1:50.50	Heat 2 – 2:12.00	Heat 2 – 3:48.00	Heat 2 – 4:28.00
Heat 3 – 1:52.50	Heat 3 – 2:15.00	Heat 3 – 3:53.00	Heat 3 – 4:34.00
Heat 4 – 1:54.00	Heat 4 – 2:17.00	Heat 4 – 3:58.00	Heat 4 – 4:42.00
Heat 5 – 1:55.00	Heat 5 – 2:19.00	Heat 5 – 4:01.00	Heat 5 – 4:50.00
Men's 5000m	Women's 5000m	Men's 10000m	Women's 10000m
Heat 1 – 13:55.00	Heat 1 – 16:00	Heat 1 – 29:25	Heat 1 – 34:40
Heat 2 – 14:25.00	Heat 2 – 17:00	Heat 2 – 30:30	Heat 2 – 37:30
Heat 3 – 14:45.00	Heat 3 – 17:45		
Heat 4 – 15:05.00	Heat 4 – 18:20		
Men's 3k Steeple	Women's 3k Steeple		
Heat 1 – 8:48.00	Heat 1 – 10:20		
Heat 2 – 9:15.00	Heat 2 – 11:10		

Spectators: \$10 per person, children under 12 years old will be free.

Entry fee and deadlines: \$90 and athlete - \$1100 per gender. All entry deadlines will be posted on www.directathletics.com. Entry deadline will be Monday, April 6th - 2:00pm 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 morning. 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 take off boards for long jump added for 2026.**

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.

FLAMES 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

3:15pm	200m (Women)
3:45pm	200m (Men)
4:15pm	400 Hurdles (Women)
4:35pm	400 Hurdles (Men)
4:55pm	1500m (Women – heats 1-2-3)
5:15pm	1500m (Men – heats 1-2-3)
5:40pm	5000m (Women – heats 1-2)
6:15pm	5000 (Men – heat 1-2)
6:55pm	1500m (Women – heats 4)
7:00pm	1500m (Women – heat 5)
7:05pm	1500m (Men – heat 4)
7:10pm	1500m (Men – heat 5)
7:20pm	3000m Steeple Chase (Women – heats 1-2)
7:50pm	3000m Steeple Chase (Men – heats 1-2)
8:20pm	5000m (Women – heat 3)
8:40pm	5000m (Men – heat 3)
9:00pm	5000m (Women – heat 4)
9:20pm	5k (Men - heat 4)
9:40pm	10k (Women - heat 1)
10:25pm	10k (Men – heat 1)

SATURDAY FIELD

TIME	EVENT
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

TIME	EVENT
10:00am	10k (Men – Heat 2)
10:40pm	10k (Women- Heat 2) if needed
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)

