

**14th Annual Bolingbrook Boys
Fast Times Indoor Invitational
At Lewis University**

- Date** Saturday March 26th 2011 4:00 PM – 10:00 PM
- Entry Deadline** All entries must be received by 11:59 pm Wednesday 23rd
They must be done online at:
<http://www.aspimeetz.com/14269>
- You must **DECLARE** your team at the bottom of the entry page by Wednesday night. If you do not declare, your entries will not be imported into our Hy-Tek timing system. Once you declare your team, you cannot make changes to your entries, only scratches the day of the meet.
- Entry Limit** 2 Athletes per event, and 1 relay per school
- LJ/TJ** Cafeteria Style: 2 hour window, 4 attempts per athlete
- SP** Flights with top 9 going to finals
- Entry Fee** \$130.00 per team / make checks payable to Lewis University
- Track** 200m Super X Mondo / Seven straight away lanes, 4 around
- Spikes** 1/8 or 1/4 inch pyramid
- Packets** Will be given out upon teams arrival
- Timing** Finish Lynx Each school responsible for counting laps for athletes
Not in the top eight for 1600, 3200, and 4 X 8 relay
- Results** Will be posted online immediately following meet
And will be posted live during the meet at www.todaysmeet.tripod.com
- Awards** Top 6 individuals and top 2 relays teams win t-shirts
- Showers** Available, but bring your own towels
- Trainers** Trainers will be available during the meet in the fieldhouse
- Concessions** Stand will be open on second level of field house
- This info can be found on our website at www.lewisflyers.com
- Questions, contact Dana Schwarting 815-836-5563

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Saturday March 26th 2011 – Time Schedule

Field Events

- 4:00 PM** **Long Jump (Pit is open for 2 hours / 4 jumps each)**
High Jump (Starting height is 5'2)
Shot Put (flights with top 9 making finals)
Pole Vault (Starting height is 9'6)
- 7:00 PM** **Triple Jump (Pit is open for 2 hours / 4 jumps each)**

Running Events

- 4:30 PM** **55 Hurdle Prelims (2 heat final, top 12 times advance)**
55m Dash (2 heat final, top 12 times advance)
4 X 800m
3200m
55 Hurdle Final
55m Dash Final
800m
4 X 200m
400m
1600m
200m
4 X 400m