

LIGHTNING INVITE

Meet Information



Location: Eastview High School

Participating Teams: Eastview, Owatonna, Mounds View, White Bear Lake, Stillwater, Rosemount, Apple Valley, Mpls. Roosevelt, Lakeville South

Start Time: Monday April 8, 2019. 4:00 pm (all running events will be on a rolling schedule)

Meet Format: Standard scoring, unlimited entry for grades 9 and 10. Only one relay per school will be scored.

Horizontal jumps will be cafeteria style (3 attempts). Complete jumps by 5:45.

Vertical jumps will be traditional (2" and 6" increments). Starting height 5'0"

Shot Put and Discus will be flighted on site (4 throws-no finals).

Awards: The winner of each event and all 4 members of the winning relay will get a "Meet Champion" T-shirt

Entries: FAT timing from Bob Ertl, Fast Finish Results. Details to follow.