

13th Annual Nike Spring Invitational
South Lakes High School Reston VA

When: Saturday, May 5, 2018. Running Events will begin at 3:30, and field events will begin at 3:45.

Where: South Lakes High School, 11400 South Lakes Drive., Reston, VA 20191

Who: 13 invited teams.

Entries: 1 relay per team in each event, 3 individuals per team in each event. Entries due: Thursday, May 3 at 12:00 PM. All entries will be done on milestat, www.milestat.com. Please enter your athletes with realistic seed times to insure the best competition.

Entry Fee: \$300 per school. Please make checks payable to South Lakes High School. Checks are to be mailed to 11400 South Lakes Drive., Reston, VA 20191: Attn Scott Raczko, Track & Field

Scratches: We will attempt to accommodate substitutions on the day of the meet. Please scratch athletes not competing as soon as possible upon arrival to the meet.

Field events: Opening heights: BHJ: 56; GHJ: 46; BPV: 86; GPV: 70. Flight order will be top seeded flight last and the top seven athletes in the LJ, TJ, SP, and DT from the preliminaries will advance to finals.

Track events: Section order will be top seeded section last.

Awards: Medals to top six in each event. The top three teams will receive team trophies.

Results: Results and pictures will be posted at milestat.com

Concessions: A variety of hot and cold concessions will be sold throughout the meet.

Admission: \$5 for Saturday; free for children 12 & under.

Meet Directors: Mike Kiernan, mjkiernan@fcps.edu. Scott Raczko, SWRaczko@fcps.edu

Nike Spring Invitational 2018
May 5, 2018

3:45 p.m.

Girls High Jump Varsity Finals
Girls Triple Jump Varsity Finals
Boys Long Jump Varsity Finals
Girls Pole Vault Varsity Finals
Boys Discus Throw Varsity Finals
Girls Shot Put Varsity Finals

6:00 p.m. or 30 minutes after the prior event

Girls Discus Throw Varsity Finals
Boys Shot Put Varsity Finals
Boys High Jump Varsity Finals
Boys Pole Vault Varsity Finals
Girls Long Jump Varsity Finals
Boys Triple Jump Varsity Finals

3:00 p.m. South Lakes Senior Ceremony

3:25 p.m. Presentation of the Colors and National Anthem

3:30 p.m. Girls 800 Meter Run Frosh Finals

Boys 800 Meter Run Frosh Finals
Girls 4x800 Meter Relay Varsity Finals
Boys 4x800 Meter Relay Varsity Finals
Girls 100 Meter Hurdles Varsity Finals
Boys 110 Meter Hurdles Varsity Finals
Girls 100 Meter Dash Frosh Finals
Boys 100 Meter Dash Frosh Finals
Girls 100 Meter Dash Varsity Finals
Boys 100 Meter Dash Varsity Finals
=PR= Youth Races
Girls 1600 Meter Run Varsity Finals
Boys 1600 Meter Run Varsity Finals
Girls 4x100 Meter Relay Varsity Finals
Boys 4x100 Meter Relay Varsity Finals
Girls 400 Meter Dash Varsity Finals
Boys 400 Meter Dash Varsity Finals
Girls 300 Meter Hurdles Varsity Finals
Boys 300 Meter Hurdles Varsity Finals
Girls 800 Meter Run Varsity Finals
Boys 800 Meter Run Varsity Finals
Girls 200 Meter Dash Varsity Finals
Boys 200 Meter Dash Varsity Finals
Girls 3200 Meter Run Varsity Finals
Boys 3200 Meter Run Varsity Finals
Girls 4x400 Meter Relay Varsity Finals
Boys 4x400 Meter Relay Varsity Finals