

North Shore High School Season Opener Track and Field Invitational
Armory Track & Field Center
December 6th 2019

Spikes: NO SPIKES OR HARD PLASTIC BOTTOM SHOES ALLOWED

WE WILL GO AHEAD OF SCHEDULE IF DEEMED APPROPRIATE
KEEP IN MIND, THE SCHEDULE IS A GUIDELINE NOT AN ABSOLUTE RULE.

In the infield: 5:15 PM

Boys 55 Hurdles Semis (8 fastest to the finals in 55m and 55 hurdles)
Girls 55 Hurdles Semis
Girls 55 Hurdles Finals
Boys 55 Hurdles Finals
Boys 55 Semis
Girls 55 Semis
Boys 55 Finals
Girls 55 Finals

FIELD EVENTS: 5:00 PM

High Jump (Begins after Girls 55 Finals) **Two Jumping Areas**
Long Jump (2 runways B/G simultaneously)
Triple Jump (Follows Long Jump)
Pole Vault (Girls Followed by Boys)
Shot Put (Boys Followed by Girls)

On the outer track

5:15 PM	Girls 1500m Racewalk
5:25	Boys 1600m
6:00	Girls 1500m
6:30	Boys 600
6:55	Girls 600
7:20	Boys 4x200
7:40	Girls 4x200
8:00	Boys 1000
8:20	Girls 1000
8:45	Boys 300
9:20	Girls 300
9:55	Boys 4x400
10:15	Girls 4x400
10:30	END

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Important Information:

- **CHECKING IN:**

Running Events: Entry lists will be available at the clerk in area.

Upon arrival, coaches should SCRATCH their athlete's and or relays where applicable.

This will allow meet management to create heats/lanes.

Do not wait till the event is called to scratch your athletes and/or relays.

Approximately 15-20 minutes prior to each race, the athletes will be called to receive their hip numbers and heat/lane assignments.

Field Events: Athletes should check in at the event when it is called.

- FAT will be used all running events.
- Starting blocks may be used in the finals only in the 55m and 55 hurdles.

No starting blocks for the 300m or 4x200

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- **Field Events:**

Opening Heights:

High Jump: Girls TBA Boys TBA Pole Vault: Girls TBA Boys TBA

Long Jump, Triple Jump, Shot Put: First jump/throw measured then a minimum measurement will be instituted thereafter if numbers warrant.

We would like to thank every team for supporting our invitational. For those that have attended our indoor/outdoor meets in the past, as you know we do our very best to try to accommodate the needs of all athletes and coaches.

Neal Levy North Shore High School