

**North Shore High School Season Opener Track and Field Invitational
Armory Track & Field Center
December 2nd 2022**

WE WILL GO AHEAD OF SCHEDULE IF DEEMED APPROPRIATE

KEEP IN MIND, THE SCHEDULE IS A GUIDELINE NOT AN ABSOLUTE RULE.

In the infield: Approx 5:45 PM (after Racewalk)

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:

Will Try to start B/G LJ + Boys SP at 5 PM- PV when ready

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

5:30 PM	Girls 1500m Racewalk
5:40	Boys 1600m
6:05	Girls 1500m
6:35	Boys 600
6:50	Girls 600
7:10	Boys 4x200
7:25	Girls 4x200
7:45	Boys 1000
8:00	Girls 1000
8:20	Boys 300
8:45	Girls 300
9:15	Boys 4x400
9:30	Girls 4x400
9:45	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 any athletes in individual oval running events and relays.**

NO NEED TO SCRATCH the following: 55m, 55 hurdles, Racewalk, all field events

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 10-15 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
- **Spikes: NO SPIKES OR HARD PLASTIC BOTTOM SHOES ALLOWED-ARMORY RULES**

- **Field Events:**

Opening Heights:

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

Long Jump, Triple Jump, Shot Put: All jumps and throws will be measured

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