

North Shore High School Track and Field Invitational

December 5th, 2025

Armory Track and Field Center

Commonly Asked questions:

Are Spikes Allowed:

ONLY IN THE 55m, 55 Hurdles, and all Field Events

Armory staff must approve prior

OVAL: RUBBER BOTTOM SHOES ONLY-NO PLASTIC BOTTOMS AND NO SPIKES

Are Blocks Allowed:

No blocks in the trials in any event

Blocks allowed in the finals of the 55m and 55m hurdles (Armory provided blocks)

Are batons needed:

You are welcome to use your own, however the Armory will provide batons

Will you go ahead of schedule:

YES!!!! If we can

Will you go behind schedule:

Only if the coaches don't scratch their athletes in the events from 600-1500

POSITIVE CHECK IN FOR 300m (if its left blank the athlete can't run)

Are events done fastest section/flight first?

All running and field events where applicable will run best first

Is there a packet pick up?

No, Just go to scratch table under the scoreboard and scratch/check in 300-1600m.

Where can I find my heat lane for the 55m and 55m Hurdles:

They will be posted by the T-Shirts and medals when you walk in onto the track level

Where do I check in for Field Events?

At the event

Where are the results:

Google armory live results

How many medals?

Top 6 individual and top 4 relays

Are you selling T-Shirts and Hoodies

Many colors with new designs Short sleeve: \$25.00 Hoodies: \$40.00

Cash, credit card, apple pay and check all accepted