

North Shore High School Season Opener Track and Field Invitational
Armory Track & Field Center
December 5th, 2025

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 (after racewalk)

Boys 55 Hurdles Semis

Girls 55 Hurdles Semis

Girls 55 Hurdles Finals

Boys 55 Hurdles Finals

Boys 55 Semis

Girls 55 Semis

Boys 55 Finals

Girls 55 Finals

(8 fastest to the finals in 55m and 55 hurdles)

FIELD EVENTS:

SP + LJ Will Try to Start closer to 5:30 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)

High Jump Boys:

TJ Boys:

PV Boys:

High Jump Girls:

TJ Girls:

PV Girls:

Long Jump Boys:

SP Boys:

Long Jump Girls:

SP Girls:

On the outer track

5:13 PM Boys 3200

5:25 PM Girls 3000

5:38 PM Girls 1500m Racewalk

5:50 PM Boys 1600m

6:30 PM Girls 1500m

7:05 Boys 600

7:30 Girls 600

7:55 Boys 4x200

8:15 Girls 4x200

8:35 Boys 1000

8:55 Girls 1000

9:15 Boys 300

9:40 Girls 300

10:05 Boys 4x400

10:20 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 **DECLARE and 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 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 in 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: SPIKES ALLOWED IN 55m, 55m Hurdles, and all Field Events**

NO SPIKES OR PLASTIC BOTTOM SHOES ALLOWED ON OVAL

- Field Events:

Opening Heights:

High Jump: Girls 4' Boys 5' Pole Vault: Girls 6' Boys 8'

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