



AUTISM AWARENESS
Invitational Track Meet
Saturday March 28, 2026
North Shore High School
10:00 AM START



In recognition of Autism Awareness Month:

9:30 AM Coaches meeting at the Finish Line

Order of Events (GIRLS FOLLOWED BY BOYS)

10:00	1500M Racewalk (Girls)	(1 heat-15)	
10:15	Girls 400 Hurdles	(all in lanes 2-3 heats-19)	
10:20	Boys 400 Hurdles	(all in lanes 3 heats-20)	
10:35	Girls 3000	(1 heat-14)	
10:50	Boys 3200	(1 heat-22)	
11:05	Girls 100m Semi	(8 fastest to the Final)	(17 heats-129)
11:20	Boys 100m Semi	(8 fastest to the Final)	(19 heats-148)
11:45	Girls 1500	(3 heats-67)	First heat smaller
12:05	Boys 1600	(4 heats-91)	First heat smaller
12:30	Girls 100m Final		
	Boys 100m Final		
12:35	Girls 400m	(all in lanes 8 heats-68)	Positive Check in
12:50	Boys 400m	(all in lanes 10 heats-86)	Positive Check in
1:20	Girls 100 HH (FINAL)	(all in lanes 2 heats-19)	
	Boys 110HH (FINAL)	(all in lanes 2 heats-14)	
1:30	Girls 2k Steeple Chase	(1 heat-15)	
1:45	Boys 3k Steeple Chase	(1 heat-9)	
2:00	Girls 800m	(5 heats-82)	small first 2 heats
2:20	Boys 800m	(5 heats-81)	small first 2 heats
2:40	Girls 200m	(18 heats-152)	Positive Check in
3:10	Boys 200m	(15 heats-128))-Positive Check in
3:25	Girls/Boys 4x800 combined	(1 heat)	(clerk at meet)
3:40	Girls 4 x 100	(2 heats-12)	(clerk at meet)
3:45	Boys 4 x 100	(1 heats-4)	(clerk at meet)
3:50	Girls 4 x 400	(2 heats-11)	(clerk at meet)
4:00	Boys 4 x 400	(1 heat-10)	(clerk at meet)

Shot Put (Boys-69 Followed by Girls-47)
Discus (Girls-51 Followed by Boys-43)
Pole Vault (Boys-8 Followed by Girls-10)
High Jump (Girls-21 Followed by Boys-31)
Long Jump (Two pits) B-59, G-32
Triple Jump (After Long Jump)
B-19, G-16

Awards: Medals to the top 6
competitors in each event.

Medals to the top 4 teams in each relay
event