

**NORTH SHORE HIGH SCHOOL  
INVITATIONAL TRACK & FIELD MEET  
Saturday, May 9<sup>th</sup> 2026**

**Order of Events:**            **Each competitor may compete in any three events**

8:45            Officials Meeting  
 9:00            Coaches Meeting: At finish Line  
 9:30            **BOYS DISCUS BEGINS (Minimum standard after 1st throw 50' GIRLS + 70' BOYS)**  
 9:30            Start of all other field events  
 9:10 AM        First Call for running events

<b>9:30 AM</b>	<b>1500 RACEWALK</b>	<b>GIRLS</b>
<b>9:45</b>	<b>400 Intermediate Hurdles</b>	<b>BOYS</b>
<b>10:00</b>	<b>400 Intermediate Hurdles</b>	<b>GIRLS</b>
<b>10:20</b>	<b>3200</b>	<b>BOYS</b>
<b>10:35</b>	<b>3000</b>	<b>GIRLS</b>
<b>10:50</b>	<b>100 meter</b> <b>FINAL ON TIME</b>	<b>BOYS</b>
<b>11:10</b>	<b>100 meter</b> <b>FINAL ON TIME</b>	<b>GIRLS</b>
<b>11:40</b>	<b>110 HURDLES</b> <b>FINAL ON TIME</b>	<b>BOYS</b>
<b>11:50</b>	<b>100 HURDLES</b> <b>FINAL ON TIME</b>	<b>GIRLS</b>
<b>12:00</b>	<b>3k Steeplechase</b>	<b>BOYS</b>
<b>12:15</b>	<b>2k Steeplechase</b>	<b>GIRLS</b>
<b>12:40</b>	<b>800</b>	<b>BOYS</b>
<b>1:00</b>	<b>800</b>	<b>GIRLS</b>
<b>1:20</b>	<b>400</b>	<b>BOYS</b>
<b>1:45</b>	<b>400</b>	<b>GIRLS</b>
<b>2:05</b>	<b>1600</b>	<b>BOYS</b>
<b>2:30</b>	<b>1500</b>	<b>GIRLS</b>
<b>2:55</b>	<b>200</b> <b>(Final on time)</b>	<b>BOYS</b>
<b>3:15</b>	<b>200</b> <b>(Final on time)</b>	<b>GIRLS</b>
<b>3:35</b>	<b>4x100</b> <b>BOYS Followed by GIRLS for all relays</b>	
<b>3:40</b>	<b>4x800</b>	
<b>4:00</b>	<b>4x400</b>	

Pole Vault	BOYS FOLLOWED BY GIRLS	<b>(Boys: 8' 9' 10' 6" thereafter (Girls 6' 7' 8' 6" thereafter)</b>
High Jump	GIRLS FOLLOWED BY BOYS	<b>(Girls 4'2 2" thereafter (Boys 5'2 2 inches thereafter)</b>
Long Jump	GIRLS AND BOYS simultaneously (two runaways)	
Triple Jump	Same Format will follow Long Jump	
Shot Put	GIRLS FOLLOWED BY BOYS	
Discus	BOYS FOLLOWED BY GIRLS	<b>(BOYS STARTS AT 9:30 AM)</b>

SHOT PUT CIRCLE # 1 (HIGHER SEED FLIGHTS)    SHOT PUT CIRCLE #2 (LOWER SEED FLIGHTS)  
 WE HAVE TWO RUNWAYS FOR LONG & TRIPLE JUMP & TWO CIRCLES FOR SP

**SEE HEATS SHEETS FOR SPECIFIC INFORMATION**