

North Shore Steeple and Fun
Invitational Track Meet
Friday April 17th, 2026
North Shore High School
4:45 PM START

Order of Events (GIRLS FOLLOWED BY BOYS)

4:45 PM	Girls 2k Steeple Chase	(1 heat)
5:00	Boys 3k Steeple Chase	(1 heat)
5:20	100M Final on time	approx. 15 heats all in lanes
5:40	1500/1600	(Girls 1 heat, Boys 2 heats)
6:00	400	all in lanes (Girls 3-4 heats, Boys 4-5 heats)
6:25	800	(Girls 2 heats, Boys 3 heats)
6:50	200	(Girls 6-7 heats, Boys 7 heats)
7:15	4x400	(1 combined heat)
7:20	END	

Shot Put	(Boys Followed by Girls) (Two Shot Put Circles Used)	
Discus	(Girls Followed by Boys)	
Pole Vault	(Boys Followed by Girls) (Opening Heights 6' and 8')	
High Jump	(Girls Followed by Boys)	
Long Jump	(Two pits)	(Girls Pit by High Jump Boys Pit by Pole Vault)
Triple Jump	(After Long Jump)	

Awards: Medals to the top 6 competitors in each event.
Medals to the top 4 teams in each relay event