# North Shore High School Pre-National Track & Field Indoor Invitational Armory Track & Field Center February 12<sup>th</sup> 2016 5:00 PM-9:30 PM

KEEP IN MIND, THE SCHEDULE IS A GUIDELINE NOT AN ABSOLUTE RULE. WE WILL GO A MAXIMUM OF 15 MINUTES AHEAD OF SCHEDULE.

## In the infield:

5:00 PM Boys 55 Semis (8 fastest to the finals in 55m and 55 hurdles)

Girls 55 Semis

Boys 55 Hurdles Semis Girls 55 Hurdles Semis Girls 55 Hurdles Finals Boys 55 Hurdles Finals

Boys 55 Finals Girls 55 Finals

Boys Shuttle Hurdle Relay (4 Person Relay)

Girls Shuttle Hurdle Relay

### On the outer track

5:00 PM	Girls	1 Mile Racewalk
5:10	Boys	1 Mile Run
5:45	Girls	1 Mile Run
6:10	Boys	400m
6:30	Girls	400m
6:55	Boys	DMR
7:10	Girls	DMR
7:25	Boys	SMR (200-200-400-800)
7:45	Girls	SMR
8:05	Boys	4x200
8:15	Girls	4x200
8:25	Boys	4x800
8:35	Girls	4x800
8:50	Boys	200
9:05	Girls	200
9:15	Boys	800
9:25	Girls	800

### FIELD EVENTS: (BOYS WEIGHT THROW: 5:00 PM-ALL OTHER FIELD EVENTS AT 5:00 PM)

High Jump (Begins after Girls Shuttle Hurdle Relay) Two Jumping Areas

Long Jump (2 runways B/G simultaneously)

Triple Jump (Follows Long Jump)

Pole Vault (Girls Followed by Boys)

Throwing Events: (Boys Wt. Throw Followed by Boys SP Followed by Girls Wt. Throw Followed by Girls SP)

(There will be an 8 person Championship Final for Boys and Girls Shot Put)

# North Shore High School Pre-National Track & Field Indoor Invitational Armory Track & Field Center February 12<sup>th</sup> 2016 4:30PM-9:30 PM

# **Important Information:**

CHECKING IN:

Running Events: Entry lists will be available at the clerk in area.

**Upon arrival, coaches should CHECK IN their athletes/relays.** 

IF YOUR ATHLETE IS NOT CHECKED IN, HE/SHE WILL BE SCRATCHED FROM THE EVENT.

This will allow meet management to create heats/lanes.

Do not wait till the event is called to declare 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 all running events.
- Starting blocks may be used in the <u>finals only</u> in the 55m and 55 hurdles.
   No starting blocks for the 200m or 4x200
- Spikes: As per the entry and Armory policy, 1/4" spikes are permitted for ALL EVENTS.

All spikes will be checked the Armory Staff

Field Events:

**Opening Heights:** 

High Jump: Girls TBA Boys TBA Pole Vault: Girls TBA Boys TBA Long Jump, Triple Jump, Shot Put, WT: First jump/throw measured then a minimum measurement will be instituted thereafter.

• \*\*THERE WILL BE A FINAL IN THE SHOT PUT (TOP 8 THROWERS ADVANCE)

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.