



**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 finals only 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.**

**Neal Levy + Ed Corona North Shore High School**

