

**North Shore High School Track & Field Indoor Invitational
Armory Track & Field Center December 26th 2018 8:40 AM-4:15 PM**

In the infield: 9:00 AM

Boys 55 Hurdles Semis (8 fastest to the finals in 55m and 55 hurdles)

Girls 55 Hurdles Semis

Girls 55 Hurdles Finals

Boys 55 Hurdles Finals

Boys 55 Semis

Girls 55 Semis

Boys 55 Finals

Girls 55 Finals

On the outer track

8:40 Girls Racewalk

8:50 Boys 3200 (Fastest section)

9:00 Boys 3200 (2nd section)

9:10 Boys 3200m (3rd section)

9:25 Girls 3000m (Faster section)

9:40 Girls 3000m (Slower section)

9:55 Boys 600m

10:20 Girls 600m

10:50 Boys 1000

11:20 Girls 1000

11:40 Boys 300m

12:25 Girls 300m

1:05 Boys 1600m

1:55 Girls 1500m

2:25 Boys 4x400

2:45 Girls 4x400

3:05 Boys 4x800

3:20 Girls 4x800

3:35 Boys 4x200

3:55 Girls 4x200

FIELD EVENTS: (BOYS WT THROW: 8:45 AM All Other field events 9 AM)

High Jump (Begins after Girls 55 Finals) **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 Girls WT Followed by Boys SP Followed by Girls SP)

North Shore High School Track & Field Indoor Invitational

SHOT PUT AND WEIGHT THROW **APPROXIMATE** TIME SCHEDULE

CIRCLE ONE				CIRCLE TWO			
Time	Event	Flight #	Entries	Time	Event	Flight #	Entries
8:45 AM	Boys Varsity Weight Throw	Flight 3	17				
9:30 AM	Boys Varsity Weight Throw	Flight 2	17				
10:15 AM	Boys Varsity Weight Throw	Flight 1	17				
11:00 AM	Girls Varsity Weight Throw	Flight 1	14				
11:40 AM	Girls Varsity Weight Throw	Flight 2	13	11:30 AM	Boys Varsity Shot Put	Flight 1	18
12:20 PM	Boys Varsity Shot Put	Flight 4	18	12:30 PM	Boys Varsity Shot Put	Flight 2	18
1:00 PM	Boys Varsity Shot Put	Flight 5	18	1:15 PM	Boys Varsity Shot Put	Flight 3	18
1:45 PM	Boys Varsity Shot Put	Flight 6	18	2:00 PM	Girls Varsity Shot Put	Flight 1	17
2:30 PM	Girls Varsity Shot Put	Flight 4	17	2:40 PM	Girls Varsity Shot Put	Flight 2	17
3:15 PM	Girls Varsity Shot Put	Flight 5	17	3:20 PM	Girls Varsity Shot Put	Flight 3	17

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Armory Track & Field Center
December 26th 2018
8:40 AM-4:15 PM
ARMORY DOORS WILL OPEN BY 7:45 AM

Important Information:

- CHECKING IN:

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

Upon arrival, coaches should SCRATCH their athletes/relays.

If you don't scratch your athlete, we will assume they are competing

THIS MUST BE DONE, NO LATER THAN 1 HOUR PRIOR TO SCHEDULED RACE

We don't want empty lanes, please make scratches where necessary

SCRATCHES WILL ONLY BE NEEDED IN 300, 600, 1000, 1500/1600, and 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 300m 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: First jump/throw measured then a minimum measurement will be instituted thereafter if numbers warrant.

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