



North Central College

Cardinal Classic High School Girls Track & Field Invitational

Thursday, February 28th, 2019 (updated 11/28/18)

Teams (14): *Bloom, Downers Grove South, Glenbard West, Hinsdale Central, Lincoln-Way East, Lyons Township, Metea Valley, Minooka, Naperville Central, Naperville North, Oswego, St. Charles East, Wheaton-Warrenville, Yorkville*

Entry Procedure: Entries will be done online ***ONLY*** – Please do not fax or call with entries.
Athletic.net (Invitations will be sent via email)

Coach's information: Please provide a cell phone and email with your registration. We will use cell phone numbers for emergency situations (weather delays, etc.).
General updates will be sent via email.

Online entry procedure:

- Please use 2019 indoor marks
- Use 0.0 for any “no marks” or “no time” performances; leave blank for ND (no distance)
- Additions/changes may not be made after **entries are closed**
- **4 entries per individual event; 2 entries per relay event; “A” relays will be seeded together**

Entry Fee: \$300 per team
Institutional check-payable to *North Central College (c/o Mahesh Narayanan-Track & Field)*

Entry Deadline: ***Tuesday, February 26th, 2019 @ 6:57pm***

Awards: Top-3 in each individual event, relay event winner; 1st place team

Opening Heights: Pole Vault: 7' 6"
High Jump: 4' 4"

Weigh-in: All implements must be weighed prior to competition @ competition venue.
Illegal implements will be impounded – pick up after event ends.
Weigh-in time: 4:00pm-4:45pm

Field events: LJ/TJ: 3 attempts; Cafeteria style (45 minutes each flight)
Shot Put: 3 attempts; Top-9 advance to finals (3 attempts)

Scoring: Individuals: 10-8-6-5-4-3-2-1 (2 per institution shall score)
Relays: 10-8-6-5-4-3-2-1 (one relay per institution shall score)

The infield will be reserved for athletes to warm-up and check-in only. Team camps, non-competitors should be in the stands or designated areas. Fans and athletes are restricted from making camps, throwing footballs, basketballs, frisbees, or objects in the infield. Entrances will be restricted thru the fieldhouse doors. Extra traffic becomes a distraction, creates an unsafe environment for competitors, and meet management. Food and beverages will be restricted to certain areas. Please enforce this with your coaching staff, athletes, and families. Teams are responsible for recovering their camp areas (ie. implements, uniforms, garbage, etc.) Your cooperation is appreciated.

If you have any questions, please contact –
Mahesh Narayanan: 630-637-5525 or mahesh@noctrl.edu



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4:15pm **Mandatory Coaches Meeting @ Finish Line**

Field Events

4:45pm **Pole Vault (Flight #1) (Best flight first)-
PV Flight #2 will follow immediately after Flight #1**

4:45pm **High Jump (Flight #1) (Best flight first) -
HJ Flight #2 will follow immediately after Flight #1**

4:45pm-5:30pm **Shot Put (Flight #1) - Center Ring
Shot Put (Flight #2) - Main Ring**

4:45pm-5:30pm **Long Jump (Flight #1) - Outer Runway
Long Jump (Flight #2) - Inner runway**

5:45pm-6:15pm **Triple Jump (Flight #1) - Inner runway
Triple Jump (Flight #2) - Outer runway**

Running Events: Girls first- Fast sections first

4:45pm **3200 Meters (section 1)
4x800 Relay (section 1)**

5:20pm **4x800 Relay (section 2)
3200 Meters (section 2)
55 Hurdles
55 Meters
800 Meters
4x200 Relay
400 Meters
1600 Meters
200 Meters
4x400 Relay**

***Updated schedule will be sent.**

North Central College
 Cardinal Classic High School Track & Field Meet
 Thursday, February 28th, 2019
Please provide a coach/worker to run the board or mark
 (updated 11/28/18)



Event	Board	Marker
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Pole Vault

Flight #1 Wheaton North

Flight #2 Minooka

Shot Put

Main Nap. North DGS

Center WWS Yorkville

Long Jump

Trackside Glenbard W TBA

Inner Bloom Nap. Central

Triple Jump

Trackside Lincoln-W East Metea Valley

Inner Hinsdale Cent. St. Charles -E

High Jump

Flight #1 Lyons Town.

Flight #2 Minooka

Games Committee: TBA