



North Central College

Cardinal Classic High School Girls Track & Field Invitational

Thursday, March 3rd, 2016 (updated 2-28-16)

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

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 2016 indoor marks
- Use 0.0 for any "no marks" or "no time" performances
- Additions/changes may not be made after **entries are closed**
- **4 entries per individual event; 3 entries per relay event; "A" relays will be seeded together**

Entry Deadline: **Tuesday, March 1st, 2016 @ 7:32pm**

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: 3 attempts; Cafeteria style (45 minutes each flight)

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 and 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) -**
PV Flight #2 will follow immediately after Flight #1

4:45pm **High Jump (Flight #1)**
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

5:15pm **4x800 Relay**
3200 Meters
55 Hurdles
55 Meters
800 Meters
4x200 Relay
400 Meters
1600 Meters
200 Meters
4x400 Relay

***Updated schedule will be sent.**