

10th Annual Cardinal Indoor Classic

Hosted by North Central College Thursday, March 6, 2025

Order of Events | Time Schedule Updated as of 3/2/2025

Pre-Meet

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	3:30-4:15	All scratches (Finish Line Table)
	4:00-4:30	Weigh-in for shot put at venue
	4:15	Coaches Meeting - Finish Line
	4:15	Warm-Up for all field events and Workers Report
	4:30	Captains/Coaches Meeting with starters at finish line
<u>Field Events</u>		
	4:45	Shot Put 4 Attempts - No Finals - 3 Flights
	4:45	Pole Vault Flight 1 followed by Flight 2
	4:45	High Jump Flight 1 followed by Flight 2
	4:45	Long Jump Best of 4 Attempts - Flights will run at t
	6:00	Triple Jump Best of 4 Attempts - Flights will run at t
		Running Events Finals
	4:45	4 x 800 Meter Relay 2 Sections
	7.75	3200 Meters 2 Sections against time
		55 Meter High Hurdles 7 Sections against time
		55 Meters 7 Sections against time
		800 Meters 4 Sections against time
		4 x 200 Meter Relay 6 Sections against time
		400 Meters 9 Sections against time
		1600 Meters 3 Sections against time
		<u> </u>
		200 Meters 9 Sections against time

at the same time at the same time

Running finals will begin at 4:45 and proceed as rapidly as possible. Due to number of entries, sections might be adjusted

4 x 400 Meter Relay -- 6 Sections against time

Women's Cross Country and Track & Field **30 North Brainard Street** Naperville, Illinois 60540 630-637-5100