



North Central College
Cardinal Classic High School Girls Track & Field Invitational
Tuesday, February 28th, 2017 (updated 3-2-16)

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-5:15pm **Shot Put (Flight #1) - Center Ring**
Shot Put (Flight #3) - Main Ring

5:30pm-6:00pm **Shot Put (Flight #2 - Center Ring**
Shot Put (Flight #4) - Main Ring

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

5:45pm-6:30pm **Triple Jump (Flight #1) - Inner runway**
Triple Jump (Flight #2) - Outer runway

Running Events: Girls first- slow to fast sections

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

5:15pm **4x800 Relay (Section 2)**
3200 Meters (Section 2)
55 Hurdles (7)
55 Meters (7)
800 Meters (5)
4x200 Relay (7)
400 Meters (9)
1600 Meters (4)
200 Meters (10)
4x400 Relay (6)

***Rolling schedule.**