



North Central College

Cardinal Classic High School Girls Track & Field Invitational

Thursday, March 5th, 2020 (updated 12/19/19)

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, Finals) - 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 to faster sections

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.**