

North Shore High School Track & Field Indoor Invitational
Armory Track & Field Center
December 26th 2017
8:45 AM-4:30 PM

In the infield:

9:00 AM Boys 55 Semis (8 fastest to finals in 55m and 55hurdles)
Girls 55 Semis
Boys 55 Hurdles Semis
Girls 55 Hurdles Semis
Girls 55 Hurdles Finals
Boys 55 Hurdles Finals
Boys 55 Finals
Girls 55 Finals

On the outer track

8:45 Girls 1500m Racewalk (1 heat)
9:00 Boys 3200 (Faster section)
9:10 Boys 3200m (Slower section)
9:25 Girls 3000m (Faster section)
9:40 Girls 3000m (Slower section)
9:55 Boys 600m
10:30 Girls 600m
11:00 Boys 1000
11:30 Girls 1000
11:50 Boys 300m
12:35 Girls 300m
1:15 Boys 1600m
2:05 Girls 1500m
2:35 Boys 4x400
2:55 Girls 4x400
3:15 Boys 4x800
3:30 Girls 4x800
3:45 Boys 4x200
4:10 Girls 4x200

FIELD EVENTS: (BOYS WT THROW: 8:45 AM All Other field events 9 AM)

High Jump (Begins after Girls 55 Finals) **Two Jumping Areas**

Long Jump (2 runways B/G simultaneously)

Triple Jump (Follows Long Jump)

Pole Vault (Girls Followed by Boys)

Throwing Events (Boys Wt. Throw Followed by Boys SP Followed by Girls Wt. Throw Followed by Girls SP)

(There will be a 8 person Championship Final for Boys and Girls Shot Put)

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Important Information:

- CHECKING IN:

Running Events: Entry lists will be available at the clerk in area.

Upon arrival, coaches should CHECK IN AND/OR SCRATCH their athletes/relays.

**THIS MUST BE DONE, NO LATER THAN 1 HOUR PRIOR TO SCHEDULED RACE
IF YOUR ATHLETE IS NOT DECLARED, HE/SHE WILL BE SCRATCHED FROM THE EVENT.**

Do not wait till the event is called to declare your athletes and/or relays.

This will allow meet management to create heats/lanes.

Approximately 15-20 minutes prior to each race, the athletes will be called to receive their hip numbers and heat/lane assignments.

Field Events: Athletes should check in at the event when it is called.

- FAT will be used all running events.
- Starting blocks may be used in the finals only in the 55m and 55 hurdles.
No starting blocks for the 300m or 4x200
- **Spikes:** As per the entry and Armory policy, 1/4" spikes are permitted for ALL EVENTS.

All spikes will be checked the Armory Staff

- **Field Events:**

Opening Heights:

High Jump: Girls TBA Boys TBA Pole Vault: Girls TBA Boys TBA

Long Jump, Triple Jump, Shot Put: First jump/throw measured then a minimum measurement will be instituted thereafter if numbers warrant.

We would like to thank every team for supporting our invitational. For those that have attended our indoor/outdoor meets in the past, as you know we do our very best to try to accommodate the needs of all athletes and coaches.

Neal Levy + Ed Corona North Shore High School

North Shore HS Winter Track and Field Invitational December 26th 2017
Accepted Entries

Boys

Abraham Clark, NJ
Bethpage
Bloomfield, CT
Brien McMahon, CT
Calhoun
Capital prep, CT
Central Islip
Clarke
Cold Spring Harbor
Colonie
Danbury, CT
Elmont
Farmingdale
Floral Park
Garden City
Half Hollow Hills
Hampton Bays
Hillhouse, CT
Huntington
Immaculate, CT
Islip
Joel Barlow, CT
Kennebunk, ME
Lakeland Panas
Lawrence
Longwood
Malverne
Manhasset
Milton Hershey, PA
New Fairfield, CT
New Hyde Park
North Shore
Northport
Norwalk, CT
Pearl River
Rahway, NJ
Ridgefield, CT
Sayville
Seaford
South Side
Smithtown West
Spring Creek Community
Spring Valley
St. Francis Prep
Syosset
Trumbull, CT
Valley Stream
Valley Stream South
Walkill
Walt Whitman
Ward Melville
West Babylon
Westhampton Beach
William Floyd

Girls

Abraham Clark, NJ
Bayshore
Bethpage
Bloomfield, CT
Brien McMahon, CT
Capital Prep, CT
Central Islip
Cold Spring Harbor
Connetquot
Danbury, CT
Elizabeth, NJ
Elmont
Farmingdale
Freeport
Floral Park
Great Neck North
Greenwich, CT
Half Hollow Hills
Hillhouse, CT
Huntington
Immaculate, CT
Islip
Kellenberg
Lakeland Panas
Longwood
Malverne
New Fairfield, CT
New Hyde Park
North Shore
Norwalk, CT
Rahway, NJ
Ridgefield, CT
Seaford
Smithtown West
South Side
Spring Creek Community
Spring Valley
Trumbull, CT
Valley Stream North
Valley Stream South
Walkill
Walt Whitman
William Floyd

