



Winter Track Meet Opportunities at Armory Track and Field Center
Hosted by North Shore Schools



1st Annual North Shore Season Opener
Friday, December 2nd 2016

Open followed by Frosh/Soph in all running events except racewalk

5:00 PM Start

INFIELD

55 Semis
55H Semis
55H Finals
55 Finals

5:00 PM Start

OUTSIDE

Girls Racewalk
Boys 1600/Girls 1500
Boys 600/ Girls 600
Boys 4x200/ Girls 4x200
Boys 1000/ Girls 1000
Boys 300/ Girls 300
Boys 4x400/ Girls 4x400

5:00 PM Start

FIELD EVENTS

High Jump
Long Jump
Triple Jump
Pole Vault
Shot Put

Online entry available at <http://ny.milesplit.com>

5th Annual North Shore HS Winter Classic Invitational
Monday, December 26th 2016

9:00 AM Start

INFIELD

55 Semis
55H Semis
55H Finals
55 Finals

9:00 AM Start

OUTSIDE

3200/3000 (1 or 2 Heats)
600
1000
300
1600/1500
4x400
4x800
4x200

9:00 AM Start

FIELD EVENTS

High Jump
Long Jump
Triple Jump
Pole Vault
Shot Put
Weight Throw

Online entry available at <http://ny.milesplit.com>

Enter now. Meet will close once we have reached a desired number of entries.

North Shore HS Pre National Invitational
Saturday, February 25th 2017

Achieve performance seeds for Nationals, and Penn Relays
Take advantage of this late season racing opportunity

Session I 5:30PM

OPEN EVENTS

Mile Walk G
Mile Run B/G
400m

Session II

CHAMPIONSHIP EVENTS

DMR
SMR
4x200
4x800
(Times and quotas to be established)

Session III

OPEN EVENTS

200m
800m

5:30 PM

OPEN FIELD EVENTS

High Jump
Long Jump
Triple Jump
Pole Vault
Shot Put
Weight Throw

5:30 PM

OPEN INFIELD EVENTS

55m
55H
55H Shuttle R

OPEN EVENTS ARE OPEN TO ANY ATHLETE, NO QUALIFYING PERFORMANCE REQUIRED

Online entry available at <http://ny.milesplit.com>