



# INVITATIONAL OPPORTUNITIES AT THE ARMORY TRACK & FIELD CENTER



## 5<sup>th</sup> Annual North Shore HS Winter Classic Invitational Saturday, December 26<sup>th</sup> 2015

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

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 Friday, February 12<sup>th</sup> 2016

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

**Session I 4:30PM**

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

**4:30 PM**

OPEN FIELD EVENTS

High Jump

Long Jump

Triple Jump

Pole Vault

Shot Put

Weight Throw

**4:30 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>

Contact Information: Neal Levy

[levyn@northshoreschools.org](mailto:levyn@northshoreschools.org)

516-330-4590