

# NCC High School Invite

Thursday 2/20



# Boys Track & Field Indoor Meet Information

After a great week of work and a quiet weekend, the Redhawks will split our squad and take our first attempt at a varsity invite in a new meet close to home, the North Central College High School Invite. We are excited that the NCC's Mens Track and Field team has decided to host this meet and what it means for our chances to compete!

Past Results: 2022 WWS Results 2023 WWS Results 2024 NCC Invite Results

2025 Live Results

2025 Aurora Central Catholic, Batavia, Downers Grove South, Hinsdale South, Hoffman

Estates, Naperville Central, Naperville North Wheaton North, Wheaton Warrenville

South, Yorkville, Zion-Benton

**Spectators** Spectators are restricted to the 3rd Floor gallery. Admission – \$5

Team Camps The infield will be reserved for athletes to warm-up and check-in only. Team

camps, non-competitors should be in the stands located outside the east curve. Athletes are restricted from making camps, throwing footballs, basketballs, frisbees, or objects in the infield. Entrances will be restricted through the fieldhouse doors.

Entries Due Date: Tuesday, February 19, 2025 at 6:57 PM

**Scoring** Eight places will be scored (10-8-6-5-4-3-2-1).

Awards Top-4 in each individual event and each relay winner. The 1st Place team will be

awarded a trophy. This year's awards will be spike bags.

**Blocks** North Central College will provide starting blocks

Markers Tape will be provided. NO CHALK may be used.

**Spikes** ½" spikes allowed.

**Shot Put** Three throws in prelims, Three throws in finals. Top 8 make finals. Two total flights will

begin at 4:45. Implements will be measured and weighed checked from 4:00 to 4:30

at a table located at the shot put ring.

We are looking for 1 volunteer to help with SP

**Long Jump/** Best of four(4) attempts with a 60 minute time limit - Cafeteria.

**Triple Jump** 

**Pole Vault** Starting height will be determined by entries

We are looking for 1 volunteer to help with PV

**High Jump** Starting height will be determined by entries



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# Order of Events | Time Schedule

#### Pre-Meet

3:30-4:15	All scratches (Finish Line Table)
4:00-4:30	Weigh-in for shot put at venue
4:15	Coaches Meeting - Finish Line
4:15	Warm-Up for all field events and Workers Report

### Field Events

4:45	Shot Put Prelims - 3 Flights - 3 Throws
	Finals - Top 8 to Finals - 3 Throws
4:45	Pole Vault 1 Flight
4:45	High Jump 1 Flight
4:45	Long Jump Best of 4 Attempts - Flights will run at the same time
6:00	Triple Jump Best of 4 Attempts - Flights will run at the same time

## **Running Events Finals**

3200 Meters -- 2 Sections

55 Meter High Hurdles -- 4 Sections

55 Meters -- 4 Sections 800 Meters -- 3 Sections

4 x 200 Meter Relay -- 5 Sections

400 Meters -- 7 Sections 1600 Meters -- 3 Sections 200 Meters -- 7 Sections

4 x 400 Meter Relay -- 4 Sections

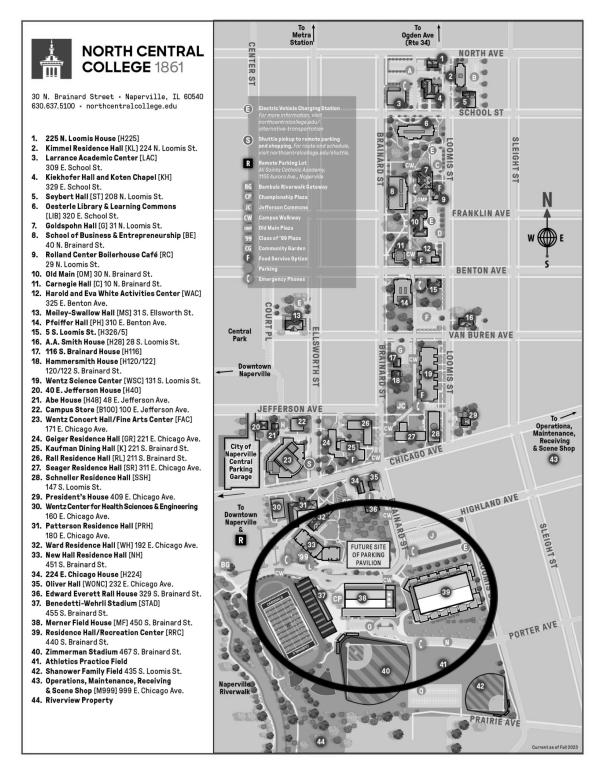
Number of sections could be adjusted due to entries



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Meet Location - Residence Hall/Recreation Center - 440 S. Brainard Street Parking in lot "N", "J" and "Future Site of Parking Pavilion" (now open)