



8th Annual
Cardinal Indoor Classic
Hosted by North Central College
Thursday, March 2, 2023

- 2023 Teams** Downers Grove South, Glenbard West, Hinsdale Central, Lincoln-Way East, Lyons Township, Metea Valley, Minooka, Naperville Central, Naperville North, Oswego, Shepard, St. Charles East, Wheaton Warrenville South, Yorkville
- Rules** All IHSA governing rules apply for this invitational.
- Spectators** Spectators are restricted to the 3rd Floor gallery.
- 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. Extra traffic becomes a distraction, creates an unsafe environment for competitors and meet management. Food and beverages will be restricted to certain areas. **Please enforce this with your coaching staff, athletes, and families.** Teams are responsible for recovering their camp areas (ie. implements, uniforms, garbage, etc.) Your cooperation is appreciated.
- Entries** **Due Date: Tuesday, February 28, 2023 at 6:57 PM**
- Schools are allowed three (3) individual and (1) relay entry per event. Please make sure that no athlete is entered in more than four (4) events. Due to the lateness of the entry deadline, NO substitutions will be allowed on the day of the meet.
- Online Entries – <http://www.athletic.net/>
- All field event seed marks will need to be in metric. [Here's a link to a conversion website.](#)**
- If you have any questions regarding the entry process, please email or call Rob Harvey from WWS Timing. It would be best to have a computer available when you call.
- Rob Harvey
robert.harvey@cusd200.org
Cell – 630-670-6383
- Live Results** <https://wwstiming.com/meets/19762>
- Final Results** A copy of the results will be given to each team at the conclusion of the meet. A full copy of the results will also be emailed to all head coaches and they will be posted on [Cardinal Indoor Classic website](#) and www.athletic.net websites.
- Scratches** Scratches may be made at the table located at the finish line between 3:30 and 4:15.
- Coaches** A short coaches meeting will take place at 4:15 at the finish line. One representative from each school must attend the meeting..

North Central College
Women's Cross Country and Track & Field
30 North Brainard Street
Naperville, Illinois 60540
630-637-5100

Website - <https://northcentralcardinals.com/> | Twitter - [@northcentralcol](#) | Instagram - [@northcentralcollege](#)



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Adult Workers Schools will supply one (1) experienced field event worker.

As in the past, we will be assigning these. Assignment will be posted on the website closer to the meet date.

Your field event worker should be knowledgeable of the assignment and should report to the event venue by no later than 4:15. If you do not provide an adult worker, the head coach will be assigned the responsibility. Final worker assignments will be posted by Wednesday, March 1st.

Officials Will be posted soon
Please go to www.ihsa.org and rate officials

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

Awards Top-3 in each individual event and each relay winner. 1st and 2nd Place Teams

Bus Parking Will be sent in final instructions

Blocks North Central College will provide starting blocks

Markers Tape will be provided. NO CHALK may be used. This is a change from the past.

Spikes No spikes longer than ¼" exposed may be used.

Shot Put Four throws, best of four attempts. Three or Four total flights will begin at 4:30. Implements will be measured and weighed checked from 3:45 to 4:15 at a table located at the shot put ring.

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

Pole Vault Starting height will be 2.28 (7-06). No entries below that will be accepted.

High Jump Starting height will be 1.32 (4-04). No entries below that will be accepted.

Jury of Appeals The Jury of Appeals will be made up of the head coaches from the following schools:

Glenbard West
Lyons Township
Metea Valley
Naperville North
Wheaton Warrenville South

Questions Mahesh Narayanan
mahesh@noctrl.edu
630-637-5525

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