



North Central College
Cardinal Opener Track & Field Meet
Friday, January 19th, 2018
(updated 1-14-18)

Teams: *Augustana, Carthage, NCC, St. Norbert, UW-Oshkosh, UW-Whitewater* – **closed meet**

Entry Procedure: Entries will be done online **ONLY** – Please do not fax or call with entries.
<http://www.directathletics.com>

Coach's information: Please provide a cell phone and email with your registration. We will use cell phone numbers for emergency situations (weather delays, etc.). General updates will be sent via email.

Online entry procedure:

- Please use reasonable marks
- Use 0.0 for any “no marks” or “no time” performances
- Additions/changes may not be made after **entries are closed**

Entry Fee: \$300 for Men's team
\$300 for Women's team
Payments will be online only (via Direct Athletics)

Entry Deadline: **Wednesday, January 17th @ 6:07pm**

Opening Heights: M-Pole Vault: 3.81m (12-6) W-Pole Vault: 2.59m (8-6)
M-High Jump: 1.66m (5-6) W-High Jump: 1.32m (4-4)

Weigh-in: All implements must be weighed prior to competition @ competition venue.
Illegal implements will be impounded – pick up after event ends.
Weigh-in time: 2:30pm-3:15pm

Finals:

- 60 Meter/60 Hurdles – If 33 or more athletes compete, a Qualifying round will be contested.
- Field events – 9 collegiate athletes advance to finals
- *Exhibition athletes will not advance.*

Scoring: Individuals: 10-8-6-5-4-3-2-1
Relays: 10-8-6-5-4-3-2-1 (one relay per institution shall score)

The infield will be reserved for athletes to warm-up and check-in only. Team camps, non-competitors should be in the stands or designated areas. Fans and athletes are restricted from making camps, throwing footballs, basketballs, frisbees, or objects in the infield. Entrances will be restricted thru the fieldhouse doors. Extra traffic becomes a distraction and 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.

If you have any questions, please contact –
Mahesh Narayanan: 630-637-5525 or mahesh@noctrl.edu



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3:15pm Mandatory Throwing Coaches Meeting @ Weigh-in table
3:30pm Mandatory Coaches Meeting @ Finish Line

Field Events

3:45pm Women's Pole Vault - Flight #2 immediately following 1st flight
Men's Pole Vault - Flight #1 immediately following Women's Pole Vault

3:45pm Weight Throw (men first - women to follow)
Men's Shot Put (Flight #2 & 3 - immediately following Women's Weight Throw)

3:45pm Shot Put (women - center ring)
Men's Shot Put (Flight #1) - immediately following Women's Shot Put

3:45pm Long Jump (men and women simultaneously)
Triple Jump (immediately following Long Jump)

3:45pm High Jump (women first - men to follow)

Running Events: Men first-Women to follow / fast sections first

3:45pm 60 Hurdle Qualifying (men first - women to follow)
60 Meter Qualifying
Distance Medley Relay
60 Hurdle Semifinal (women first - men to follow)
60 Meter Semifinal
5000 Meter
60 Hurdle Finals (men first - women to follow)
60 Meter Finals
Mile
400 Meters
800 Meters
200 Meters
3000 Meters
4x400 Relay

Estimated end time on track: 10:15pm
Events will stay on a time schedule.

Estimated end time in the field: 10:00pm