



**North Central College**  
**Cardinal Opener Track & Field Meet**  
**Friday, January 17<sup>th</sup>, 2020**

(Updated 1/16/20 –revised)

**3:15pm Mandatory Head Coach & Field Event Coaches Meeting (Throwing Cage)**

**Field Events**

- 4:00pm Men's Weight Throw (2)**  
Women's Weight Throw (2) – immediately following Men's Weight Throw  
**Men's Shot Put (2) – immediately following Women's Weight Throw**  
Women's Shot Put (2) – immediately following Men's Shot Put
- 4:00pm Women's High Jump (1)**  
Men's High Jump (1) – immediately following Women's High Jump
- 4:00pm Long Jump – men and women (2/1)**  
Triple Jump – immediately following Long Jump (1/1)
- 4:45pm Men's Pole Vault (1)**  
Women's Pole Vault (1) – immediately following Men's Pole Vault

**Running Events: Men first-Women to follow / fast to faster**

- 3:30pm 60 Meter Qualifying (4/2)**  
**4:00pm Distance Medley Relay (1/1)**  
**4:30pm 60 Hurdle Semi-final (women first – men to follow) (2/2)**  
**4:50pm 60 Meters Semi-final (4/4)**  
**5:15pm 5000 Meters (1/1)**  
**6:00pm 60 Hurdle Final (men first – women to follow) (1/1)**  
**6:10pm 60 Meters Final (1/1)**  
**6:20pm Mile (3/2)**  
**6:55pm 400 Meters (3/3)**  
**7:15pm 800 Meters (2/3)**  
**7:35pm 200 Meters (9/10)**  
**8:20pm 3000 Meters (1/1)**  
**8:50pm 4x400 Relay (2/2)**

**End time – Field Events: ~9:15pm**

**End time – Track Events: ~9:15pm**