



**North Central College**  
**"Snow Day" Track & Field Meet**  
**Friday, January 24<sup>th</sup>, 2020**  
(updated 12/17/19)

**Teams:** Concordia-Chicago, Grace, North Central College, St. Francis, Trine – **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 22<sup>nd</sup> @ 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: 5-4-3-2-1 (two individual from each institution shall score)  
Relays: 5-3 (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



**North Central College**  
**"Snow Day" Dual Track & Field Meet**  
**Friday, January 24<sup>th</sup>, 2020**

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

**Field Events**

**4:00pm Men's Pole Vault**  
**Women's Pole Vault - immediately following Men's Pole Vault**

**4:00pm Weight Throw (women first - men to follow)**  
**Men's Shot Put (immediately following Men's Weight Throw)**  
**Women's Shot Put (immediately following Men's Shot Put)**

**4:00pm Long Jump (men and women)**  
**Triple Jump (immediately following Long Jump)**

**4:00pm High Jump (men first - women to follow)**

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

**3:30pm 60 Hurdle Qualifying (women first - men to follow)**  
**60 Meter Qualifying**  
**Distance Medley Relay**  
**60 Hurdle Semifinal (men first - women to follow)**  
**60 Meter Semifinal**  
**5000 Meters**  
**1000 Meters**  
**60 Hurdle Finals (women first - men to follow)**  
**60 Meter Finals**  
**Mile**  
**400 Meters**  
**600 Meters**  
**800 Meters**  
**200 Meters**  
**3000 Meters**  
**4x400 Relay**

**Estimated end time on track: TBA**  
**Events will stay on a time schedule.**

**Estimated end time in the field: TBA**