



North Central College
1st Chance Invitational
Friday, April 7th, 2023
(Updated 3/21/23)

Teams: *Aurora, Benedictine, Carthage, Chicago, Harper, Illinois Tech, Joliet JC, Lewis, North Central, Wheaton – **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, April 5th @ 6:07pm**

Opening Heights: M-Pole Vault: 3.50m W-Pole Vault: 2.59m
M-High Jump: 1.68m W-High Jump: 1.22m

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: TBA

Finals:

- 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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Tentative Schedule

(Updated 3/21/23)

Field Events

- 12:00pm Men's Javelin
 Women's Javelin (immediately following Men's Javelin)
- Men's Hammer (immediately following Women's Javelin)
 Women's Hammer (immediately following Men's Hammer)
- Men's Discus (immediately following Women's Hammer)
 Women's Discus (immediately following Men's Discus)
- 4:00pm Long Jump (men and women)
 Triple Jump (immediately following Long Jump)
- 4:00pm Pole Vault (women first – men to follow)
- 4:00pm High Jump (men first – women to follow)
- 5:00pm Shot Put (men first – women to follow)

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

- 3:45pm 3000 Steeplechase
 400 Relay
 1500 Meters
 110/100 Hurdles
 100 Meters
 400 Meters
 800 Meters
 400 Hurdles
 200 Meters
 5000 Meters
 1600m Relay
 10,000 Meters

End time on the track: TBA

End time in the field: TBA