



**BOB NHELLES INDOOR CLASSIC INVITE
NORTH CENTRAL COLLEGE**

SATURDAY, MARCH 9, 2024

Welcome to the *Lake Park Bob Nihells Indoor Classic*. We are looking forward to hosting your team. We anticipate an outstanding meet this year and will do everything in our power to make your visit a successful and enjoyable experience.

Entries: Track events: Two (2) individuals and one (1) relay per level.
Long & Triple Jump: Three (3) entries per level
Shot Put: Three (3) entries per level
High Jump: Three (3) entries per level
Pole Vault: Two (2) entries per level

Entries: www.athletic.net Your team should have been invited at this time.

Please note: entries close at **12:00PM noon on Thursday, March 7**.
Changes will be allowed at the invite.

Levels: **Athletes may only compete at one level.**

Scoring: 10-8-6-5-4-3-2-1

Teams (12) Addison Trail, Bloom Township, DeKalb, Downers Grove North, Dundee-Crown, Homewood-Flossmoor, Lake Park, Naperville North, Proviso East, Proviso West, Taft, Warren

Schedule: **7:30AM** Facility Open to Competing Schools (no access before 7:30am)
8:00AM Head Coaches Meeting w/ Meet Referee
8:30AM Field Events
9:30AM Track Finals

Location: **North Central College**
Residence Hall/Recreation Center
440 S. Brainard St.
Naperville, IL 60540

Bus Parking: Buses can drop off athletes at the entrance to the complex on Brainard Street. Buses should proceed to Highland Elementary School to Park. North Central staff will help direct traffic.
Link: [Parking Map](#)
Link: [North Central College Campus Map](#)

Facilities: Teams will enter Main Entrance doors and proceed directly into the Field House competition area.

No locker rooms will be available for athletes. Athletes should come dressed to compete. Washrooms & concessions are available in the North Central College Field House.

200 Meter Track: 6 lanes around; 8 lanes on straightaway

Only 1/8th Inch Pyramid Spikes are allowed

For field events North Central is asking for tape only as marks. No chalk please.

Team Camps: Teams will camp in the bleachers on the competition floor of the field house. Only competing athletes, coaches, and invite officials will be allowed on the competition floor

Admission: **\$7.00 – Adults GoFan**
\$4.00 Students/Children

Senior Citizens age 65 and older & children under the age of Five (5) admitted Free. C

Cash or GoFan digital tickets available.

GoFan Link: <https://gofan.co/event/1431878?schoolId=IL15547>

Spectators: Spectators will be located on the third level walking track. There is no seating in this area. Spectators are urged to bring folding chairs. Please communicate this to your parents.

Results: F.A.T. timing will be used. Event results will be posted by event outside the concessions stand as they become available. Complete results will be available immediately following the invite online at www.pttiming.com and live results will be available during the meet. No hard copy results will be provided to teams.

Awards: Top two (2) Varsity and Frosh-Soph teams will receive plaques. The top six (6) Varsity and Frosh-Soph individuals/relays in each event will receive medals.

Workers: Each school is asked to provide two (2) qualified adult workers. Please use the link below to complete the form with your worker requests. Lake Park will attempt to honor requests, but reserves the right to assign workers as needed to conduct the meet.

Please submit your requests no later than **Wednesday, March 6**

Link: [Invite Worker Assignment Requests](#)

Officials:

Referee:	Jim Effinger
Starter:	Kirt Davis
Starter:	John Kelm
Head Finish:	Mike Harland

Questions:	Pete Schauer	Joey Pacione
	Athletic Director	Head Boys' Track Coach
	pschauer@lphs.org	jpacione@lphs.org



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SCHEDULE OF FIELD EVENTS

All Field Events Compete in the Field House Track Area

8:30AM

LONG JUMP - 4 Jumps/No Finals

Varsity & Frosh-Soph concurrent to completion on separate pits.
Varsity on the inner pit. F/S on the outer pit.
Three (3) entries per level.

TRIPLE JUMP (Immediately following Long Jump) - 4 Jumps/No Finals

Varsity & Frosh-Soph concurrent to completion on separate pits.
Varsity on the inner pit. F/S on the outer pit.
Three (3) entries per level.

SHOT PUT - 6 Throws/No Finals

Frosh-Soph followed by Varsity
Three (3) entries per level.

HIGH JUMP

Frosh-Soph followed by Varsity
Starting height to be determined at meet
Three (3) entries per level

POLE VAULT

Frosh-Soph followed by Varsity
Starting height to be determined at meet
Two (2) entries per level



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SCHEDULE OF RUNNING EVENTS
ALL HEATS FINALS AGAINST TIME
FROSH-SOPH PRECEDES VARSITY IN EACH RACE

9:25AM General Welcome & National Anthem

9:30AM 3200m Relay
3200m Run
55m Hurdles
55m Dash
800m Run
800m Relay
400m Dash
1600m Run
200m Dash
1600m Relay

Final, detailed time schedule will be released after heats are determined
Heats may be combined based on number of entries/scratches