



Green & Gold Open

Humboldt Track/XC Alumni Weekend

Redwood Bowl and upper playing field, Humboldt State University

Saturday, February 17, 2018

Throws

9:00AM

Javelin

11:00AM

Shot Put

12:30PM

Hammer

2:00PM

Discus

Jumps

10:00AM

10:00AM-12:00PM(open pit)

10:00AM-12:00PM(open pit)

12:30PM

High Jump

Long Jump

Triple Jump

Pole Vault

12:05PM -- National Anthem

12:10PM -- Alumni Appreciation & Recognition of 2017 All-Americans

Running Events - 12:30PM rolling start (women first, followed by men)

4 x 200m relay

1200m

Alumni/Open "Pace Predicted" Mile

60m Hurdles 39" (men)

100m Hurdles 33" (women)

400m

"Humboldt's Fastest Human" 100m Dash

Alumni 60m Dash

600m

400m Hurdles

3200m

Youth 60m Dash

"Strongman" Over Head Back Throw (8# women/16# men)

4x400m "Log" Relay

ENTRIES: Email "Name, gender, event(s), and club name or unattached" **by Feb. 13th** to:

Meet Director: Sarah Ingram sarah.ingram@humboldt.edu 707-407-7199