

# Humboldt Relays Invitational - Open Track & Field Meet

Redwood Bowl - Humboldt State University, Arcata, CA

**Saturday, February 25th, 2017**

## **ENTRIES DUE: WEDNESDAY, FEB. 22ND ON WWW.ATHLETIC.NET**

\*For Co-ed Relays, just enter 4 boys names but 2 girls will run  
(athletic.net does not allow co-ed events to be set-up)

### **Field Event Schedule**

10:00 AM	<b>Girls Shot Put</b>	(Boys to follow)
10:00 AM	<b>Boys Discus</b>	(Girls to follow)
10AM-12PM	<b>Long Jump-Open Pit</b>	Girls and Boys
12:00 PM	<b>High Jump</b>	Girls
1:00 PM	<b>High Jump</b>	Boys

### **11:00 AM Start with a "Rolling Schedule"**

<b>4 x 800m</b>	Co-ed	2 Girls and 2 Boys	Open Order
<b>4 x 200m</b>	Co-ed	2 Girls and 2 Boys	Open Order

<b>Mile</b>	Open - Women/Girls
<b>Mile</b>	Open - Men/Boys

<b>100m</b>	Open - Women/Girls
<b>100m</b>	Open - Men/Boys

<b>Distance Medley</b>	Girls	(1200/400/800/Mile)
<b>Distance Medley</b>	Boys	(1200/400/800/Mile)
<b>Super Sprint Medley</b>	Girls	(100/100/200/400)
<b>Super Sprint Medley</b>	Boys	(100/100/200/400)

**Awards:** 1st, 2nd, and 3rd Place Finishers will receive medals

Contact Information: Sarah Ingram - Assistant Track & Field Coach - Humboldt State University  
707-407-7199 (cell)                      707-826-5954 (office)                      [sarah.ingram@humboldt.edu](mailto:sarah.ingram@humboldt.edu)

Humboldt Twilight Invitational - Open Track & Field Meet  
Redwood Bowl - Humboldt State University, Arcata, CA

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**Team Cost:** \$100 for each school team (boys and girls combined)-unlimited events

**Per Event Cost:** \$20 for each relay event and \$10 for each individual event

Checks shall be made to HSU Athletics, 1 Harpst Street, Arcata, CA 95521 - Attention: Sarah Ingram

Field Event Entry Information

**Shot Put and Discus Throw:** Maximum of 16 athletes for each gender competition. Each school shall be allowed a maximum of 3 athletes\* per gender. The top 16 athletes with the highest marks shall be invited to compete. During competition, each athlete will be allowed 4 throws.

\*If space permits, we can allow more than 3 entrants per gender per school.

**Long Jump:** 'Open pit' between the hours of 10AM-12PM for both genders. Unlimited entries.

**High Jump:** Maximum of 16 athletes for each gender competition. Each school shall be allowed a maximum of 3 athletes per gender. The top 16 athletes with the highest marks shall be invited to compete. High Jump officials will set a minimum beginning height based upon the entrants that are received during the entry period.

Running Event Entry Information

**4 X 800m CO/ED Relay** (2 boys and 2 girls - OPEN ORDER) - No more than 4 teams may be entered for each school. PLEASE LIST EACH TEAM AS 'A', 'B', 'C' or 'D', in order to properly separate teams into appropriate heats. A maximum of 20 teams will be allowed into this race.

**4 X 200 CO/ED Relay** (2 boys and 2 girls - OPEN ORDER) - No more than 4 teams may be entered for each school. PLEASE LIST EACH TEAM AS 'A', 'B', 'C' or 'D', in order to properly separate teams into appropriate heats. A maximum of 24 teams will be allowed into this race.

**OPEN MILE** - Separate races for each gender, unlimited entries.

**OPEN 100 M** - Separate races for each gender, Maximum 5 entries per gender per school.

**Distance Medley Relay** - Separate races for each gender. Order will be 800m/400m/1200m/1 mile. No more than 4 teams may be entered for each school. PLEASE LIST EACH TEAM AS 'A', 'B', 'C' or 'D', in order to properly separate teams into appropriate heats. A maximum of 20 teams will be allowed for this race.

**Super Sprint Medley Relay** - Separate races for each gender. Order will be 100m/100m/200m/400m. No more than 4 teams may be entered for each school. PLEASE LIST EACH TEAM AS 'A', 'B', 'C' or 'D', in order to properly separate teams into appropriate heats. A maximum of 24 teams will be allowed for this order race.