



# CAL POLY HUMBOLDT

Humboldt Invitational Track & Field Meet  
Redwood Bowl and Upper Throwing Field  
**Saturday, April 6, 2024**

## Tentative Schedule

11:30 National Anthem  
11:35 Senior Appreciation at center field

### Running Events

12:00 Women's 3,000m Steeplechase  
12:20 Men's 3,000m Steeplechase  
12:35 Women's 4 X 100m relay  
12:40 Men's 4 X 100m relay  
12:45 Women's 800m  
12:55 Men's 800m  
1:10 Women's 100m hurdles  
1:20 Men's 110m hurdles  
1:25 Women's 400m  
1:30 Men's 400m  
1:40 Women's 100m  
1:45 Men's 100m  
1:55 Women's 1500m  
2:00 Men's 1500m  
2:15 Women's 400m hurdles  
2:25 Men's 400m hurdles  
2:35 Women's 200m  
2:45 Men's 200m  
3:00 Women's 5000m  
3:20 Men's 5000m  
3:40 Women's 4 X 400m relay  
3:45 Men's 4 X 400m relay

***Weigh-ins will be 9-10:30am at south end of uncovered bleachers***

### Throws

**All Throws - 3 prelims; Top 9 advance to 3 finals**  
10:30AM Men's Javelin, followed by Women's Javelin (*throws will take a break after jav*)  
12:00PM Women's Shot Put, followed by Men's Shot Put  
12:00PM Men's Discus, followed by Women's Discus  
2:00PM\* Men's Hammer, followed by Women's Hammer *\*at conclusion of Women's Discus*

### Jumps

**Horizontal Jumps - 3 prelims; Top 9 advance to 3 finals**  
10:00AM Women's Long Jump, followed by Men's  
Followed by Women's Triple Jump, followed by Men's  
10:00AM Men's High Jump, followed by Women's  
1:00PM Women's Pole Vault, followed by Men's Pole Vault



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- Entries** Entries should be made on DirectAthletics by **11:59pm Monday, April 1**
- Fees** \$250 per team per gender
- Rules** Meet will be run in accordance with NCAA rules, including use of wind gauges for short sprints, hurdles, and horizontal jumps. Field events will be measured in metric.
- Timing** The meet will be timed using FAT system
- Results** Live results available at [live.athletic.net](http://live.athletic.net)  
Final Results will be posted at [HumboldtAthletics.com](http://HumboldtAthletics.com) and to [TFRRS.org](http://TFRRS.org) within 24 hours.
- Field Check-In** At field event, at least 30 minutes before event  
**Track Check-in** At Clerk Tent near finish line at least 15 minutes before event, report to start line for race  
Events 800m and up will receive hip numbers to be worn on the RIGHT HIP.
- Scratches** Report runing scratches to clerk tent near finish line. Races will not be re-seeded.
- Warm-ups** General warm-ups on the turf infield.  
For athlete safety, only competing athletes & coaches permitted in jumps areas

**Throws & Horizontal Jumps - Top 9 qualify to finals for 3 more attempts**

**Vertical Jumps -- Starting Heights will be determined after entries close**

*(Estimates from prior years:)*

*Men's High Jump: 1.67m/5-6*

*Men's Pole Vault: 3.35m/11-0*

*Women's High Jump: 1.42m/4-8*

*Women's Pole Vault: 2.74m/9-0*

