



CAL POLY HUMBOLDT

Humboldt Invitational Track & Field Meet
Redwood Bowl and Upper Throwing Field
Saturday, March 29, 2025

Final Schedule

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

Running Events # heats

		Women's 3,000m Steeplechase
		Men's 3,000m Steeplechase
12:35	1	Women's 4 X 100m relay
12:40	1	Men's 4 X 100m relay
12:45	1	Women's 800m
12:50	3	Men's 800m
1:15	2	Women's 100m hurdles
1:30	2	Men's 110m hurdles
1:45	2	Women's 400m
1:55	3	Men's 400m
2:10	2	Women's 100m
2:20	4	Men's 100m
2:40	1	Women's 1500m
2:50	2	Men's 1500m
		Women's 400m hurdles
3:10	1	Men's 400m hurdles
3:20	4	Women's 200m
3:40	5	Men's 200m
4:05	1	Women's 5000m
4:25	1	Men's 5000m
4:45	1	Women's 4 X 400m relay
4:50	2	Men's 4 X 400m relay

Weigh-ins will be 8:30-1130am at the throwing rings

Throws

9:00AM	Men's Javelin, followed by Women's Javelin
12:00PM	Women's Shot Put, followed by Men's Shot Put
12:00PM	Men's Discus, followed by Women's Discus
~3PM*	Men's Hammer, followed by Women's Hammer <i>*at conclusion of Women's Discus</i>

Jumps

10:00AM	Horizontal Jumps - 3 prelims; Top 9 advance to 3 finals 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
12:30PM	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, March 24**
- 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
Final Results will be posted at HumboldtAthletics.com and to 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 for hip number
Athletes will receive hip numbers to be worn on the LEFT HIP AND LEFT CHEST.
- 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

Cal Poly Humboldt's Redwood Bowl Stadium, Arcata California
"One of the most scenic and memorable places to compete on the West Coast"

Redwood Bowl Track

400 meter track (resurfaced & reshaped 2017)
 9 lanes on straight, 6 lanes on the oval

Redwood Bowl Jumping Runways and High Jump Apron

High jump apron and 40m+ pole vault and long/triple jump runways (resurfaced 2017)
 Long Jump and Triple Jump take-off boards at 8, 12, 32, and 40 feet.

Upper Throwing Field

40m+ javelin runway (resurfaced 2017). Shot Put, Discus, and Hammer rings are located across the field on the edge of the Redwood Forest.



Weigh-ins

Throwing implement weights and measures will take place at the throwing rings at the upper throwing field between 8:30-11:30AM

Restrooms

Men's and Women's restrooms are located at the south end of Redwood Bowl, across the Plaza

Locker Rooms

Men's and Women's locker room facilities may be available upon request

Trainers

Athletic Training staff available, please bring your own supplies.
 Have your trainer send requests for any special needs: Shannon.Childs@humboldt.edu

Concessions

Not available at track -- Local stores:
 College Creek Marketplace (convenience store/snacks/drinks) @ 1 Harpst Street ~ 1/3 mile from track
 Wildberries Marketplace 747 13th St, Arcata (grocery, easy walk) less than 1 mile from track
 Safeway 600 F St, Arcata (recommend drive due to big hill) 1.2 miles from track

Team Camps

Plenty of space in upper rows of covered bleachers (west side), or outside the track in Redwood Plaza. Please, nobody in jumps area unless competing.

Parking

See attached map for parking areas and bus drop-off locations. Parking permit not required on weekends, however pay attention to signage as reserved parking spaces, service vehicle, loading zones, and disabled parking restrictions are in effect 24/7 365. Parking is limited near the track.

Bus Drop-Off

Team Buses can drop-off on west side (covered bleachers) of Redwood Bowl (Laurel Drive)

Accommodations

Group Rate Available Upon Request:
Red Lion Hotel (10 min drive)
 1929 4th Street, Eureka CA
 Contact Elizabeth Stoddard at 707-441-4705
 Elizabeth.Stoddard@redlion.com
Mention it's for Cal Poly Humboldt Track & Field event for the group rate

Group Rate may be available upon request
Blue Lake Casino Hotel (10 min drive)
 777 Casino Way, Blue Lake CA
 Contact 877-252-2956 ext. 2880