

**CAL POLY HUMBOLDT 5-8 INVITATIONAL  
ORDER OF EVENTS  
Thursday, March 26, 2026**

3000 METERS (7th & 8th event, but younger kids may run)	3:00	7 <sup>th</sup> -8 <sup>th</sup>
100 HURDLES	3:30	5 <sup>th</sup> -8 <sup>th</sup>
4 X 100 RELAY	3:50	5 <sup>th</sup> -8 <sup>th</sup>
1500 METER RUN (2 races: girls first)	4:20	5 <sup>th</sup> -8 <sup>th</sup>
400 METER DASH	4:55	5 <sup>th</sup> -8 <sup>th</sup>
100 METER DASH	5:20	5 <sup>th</sup> -8 <sup>th</sup>
800 METERS	6:20	5 <sup>th</sup> -8 <sup>th</sup>
200 METERS	6:40	5 <sup>th</sup> -8 <sup>th</sup>
4 X 400 METER RELAY	7:00	5 <sup>th</sup> -8 <sup>th</sup>

- All running events will be run girls first except for the distance races which may consider combining boys/girls.
- The 100 meter races will be run on both sides of the track, with two divisions run at the same time.
- Each athlete may compete in a maximum of 4 events. Please try and limit number of entries to 4 in a single event: (i.e., 4 -6th gr. girls in the 100 M.)
- Field event times are approximate. If an event is completed early, the next division will be given first call immediately.

**Field Events**

<b>Shot Put (3 Throws)</b>		<b>Shot Weight</b>	<b>Long Jump (2-3 jumps each*)</b>	
5 <sup>th</sup> /6 <sup>th</sup> girls	3:30 PM	6 lb	7 <sup>th</sup> /8 <sup>th</sup> boys	3:00 PM
5 <sup>th</sup> /6 <sup>th</sup> boys	4:20 PM	6 lb	7 <sup>th</sup> /8 <sup>th</sup> girls	3:55 PM
7 <sup>th</sup> /8 <sup>th</sup> girls	5:10 PM	6 lb	5 <sup>th</sup> /6 <sup>th</sup> boys	4:50 PM
7 <sup>th</sup> /8 <sup>th</sup> boys	6:00 PM	6 lb for 7 <sup>th</sup> , 8 lb for 8th	5 <sup>th</sup> /6 <sup>th</sup> girls	5:45 PM
<b>High Jump</b>		<b>Opening Height</b>	<b>Discus (3 throws)</b>	
5 <sup>th</sup> /6 <sup>th</sup> boys	3:30 PM	3'6"	7 <sup>th</sup> /8 <sup>th</sup> girls	3:30 PM
5 <sup>th</sup> /6 <sup>th</sup> girls	4:20 PM	3'4"	7 <sup>th</sup> /8 <sup>th</sup> boys	4:20 PM 7 <sup>th</sup> -1 kg, 8 <sup>th</sup> -1.6 kg
7 <sup>th</sup> /8 <sup>th</sup> boys	5:10 PM	4'0"	5 <sup>th</sup> /6 <sup>th</sup> girls	5:10 PM
7 <sup>th</sup> /8 <sup>th</sup> girls	6:00 PM	3'10"	5 <sup>th</sup> /6 <sup>th</sup> boys	6:00 PM

**Triple Jump (times may change if we can use both pits or if the long jump is completed faster than expected)**  
 7-8 girls and 7-8 boys (younger jumpers may participate)      Time will be announced at the meet

**We hope to have 3 jumps and throws for all athletes, but may have to allow two if there are too many entrants.  
 Triple Jump (7th & 8th only together- open pit after Long Jump has been completed)**

K-4 Meet: Tuesday, March 24, 2026  
Redwood Bowl at Cal Poly Humboldt

3:30	50 meter dash	K-2	boys
3:40	50 meter dash	K-2	girls
3:50	50 meter dash	3-4	boys
4:00	50 meter dash	3-4	girls
4:20	4 X 100 Relay	K-2	boys
4:30	4 X 100 Relay	K-2	girls
4:40	4 X 100 Relay	3-4	boys
4:50	4 X 100 Relay	3-4	girls
5:00	800 Meters	K-2	boys/girls
5:15	Mile	3-4	boys/girls
5:30	100 meter dash	K-2	boys
5:40	100 meter dash	K-2	girls
5:50	100 meter dash	3-4	boys
6:00	100 meter dash	3-4	girls
6:15	4 X 400 Relay	All	If time
3:30	Long Jump	3-4	boys
4:10	Long Jump	3-4	girls
4:50	Long Jump	K-2	boys
5:30	Long Jump	K-2	girls
3:30	Baseball Throw	K-2	girls
4:00	Baseball Throw	K-2	boys
4:30	Baseball Throw	3-4	girls
5:00	Baseball Throw	3-4	boys