**CAL POLY HUMBOLDT 5-8 INVITATIONAL**

**ORDER OF EVENTS**

**APRIL 8, 2025**

3000 METERS (7th & 8th event, but younger kids may run) 3:30 7th-8th

100 HURDLES 4:00 5th-8th

4 X 100 RELAY 4:25 5th-8th

1500 METER RUN (2 races: girls first) 4:45 5th-8th

400 METER DASH 5:10 5th-8th

100 METER DASH 5:30 5th-8th

800 METERS 6:20 5th-8th

200 METERS 6:40 5th-8th

4 X 400 METER RELAY 7:00 5th-8th

* 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**

**Shot Put (3 Throws) Shot Weight Long Jump (2-3 jumps each\*)**

5th/6th girls 4:00 PM 6 lb 7th/8th boys 3:30 PM

5th/6th boys 4:50 PM 6 lb 7th/8th girls 4:20 PM

7th/ 8th girls 5:40 PM 6 lb 5th/6th boys 5:20 PM

7th/8th boys 6:30 PM 6 lb for 7th, 8 lb for 8th 5th/6th girls 6:20 PM

**High Jump Opening Height Discus (3 throws)**

5th/6th boys 4:00 PM 3’6” 7th/8th girls 4:00 PM

5th/6th girls 4:50 PM 3’4” 7th/8th boys 4:50 PM 7th-1 kg, 8th-1.6 kg

7th/8th boys 5:40 PM 4’0” 5th/6th girls 5:40 PM

7th/8th girls 6:30 PM 3’10” 5th/6th boys 6:30 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)**