

Humboldt Summer

Open Track & Field Mini Meets (June 9th, July 7th, 21st, Aug 4th)

Open Multi's Hep/Dec (August 17-18th)

Multi's Only:

Register	Sign-up at event	Email sarah.ingram@humboldt.edu by 8/02/13 to sign-up
Fee	\$1 for unlimited events	\$25 for full Hep/Dec (waived if helped at summer series)
Waiver	required (if under age 18)	
Awards	T-shirts to Top Scorer (per division) throughout summer series & T-shirts to Division Winners at Multi's Meet	
Divisions	For awards: High School Girls / Boys, College Women / Men, Open Women / Men For competition: Combined heats for Boys / Men and for Girls / Women	
Format	Hand-timed, 100% community & competitor run	
Events	3 running events, 2-3 jumps, 2 throws (rotating)	Full Decathlon/Heptathlon Aug 17-18

June 9th

Running		Field	
1:00pm	60 meter / 60 Hurdle	1:15pm	Hammer Throw, High Jump
1:30	1 mile run	1-3 open pit	Long Jump
2:00	300 meter / 300 Hurdle	2:15	Shot Put, Pole Vault

July 7th

1:00pm	60 meter / 60 Hurdle	1:15pm	Javelin, High Jump
1:30	1 mile run	1-3 open pit	Long Jump
2:00	300 meter / 300 Hurdle	2:15	Discus, Pole Vault TBD

July 21st

1:00pm	60 meter / 60 Hurdle	1:15pm	Javelin, Throw, High Jump
1:30	1 mile run	1-3 open pit	Long Jump
2:00	300 meter / 300 Hurdle	2:15	Shot Put, Pole Vault TBD

August 4th

1:00pm	60 meter / 60 Hurdle	1:15pm	Javelin, High Jump
1:30	1 mile run	1-3 open pit	Long Jump
2:00	300 meter / 300 Hurdle	2:15	Discus, Pole Vault

August 17th

Dec Day 1		Hep Day 1	
11am	100 meter	11:20	100HH
11:40	Long Jump	12:00	High Jump
1:00	Shot Put	1:00	Shot Put
2:30	High Jump	2:30	200 meter
3:50	400 meter		

August 18th

Dec Day 2		Hep Day 2	
9am	110HH	11am	Long Jump
9:40	Discus	12:20	Javelin
11:00	Pole Vault	1:40	800 meter
12:20	Javelin		
1:50	1500 meter		

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