



Gary Shaw

Multi-Event & 10k Qualifier

February 18-19, 2019

Hartnell College

This unique early season multi-event will provide the opportunity to “try” the heptathlon or decathlon over the traditional two day format. Athletes may choose to complete the entire multi-event or in an effort to qualify to the regional championship, choose five (5) of the seven heptathlon events or eight (8) of the ten decathlon events. Emphasis will be on learning how the multi-event time schedule and limited attempts in field events influences performances and scores. Daily start time has been adjusted to allow for no overnight stay if desired and minimal class missed on Tuesday.

A 10,000 meter run will follow the men’s 1500 meter run on Tuesday, February 19. With ideal evening temperatures and low wind, this is an excellent early season opportunity to secure the State Auto, State “B”, or a Norcal Provisional mark.

Entry: Register using Directathletics by Sunday, February 17 by 7:00pm. Day of entries may be accepted.

Cost: \$25.00 per multi-event athlete or \$5.00 per 10,000 meter runner. Make checks payable to: Hartnell College Track & Field

Parking: Monday, February 18 is a campus holiday, all parking is available to team vehicles. Parking along College Avenue is encouraged for close proximity to track & field complex. One day permits will be issued for Tuesday, February 19 at the conclusion of day one competition.

Athletic Training: Hartnell College athletic trainers will be on-site. Please bring athletic training tape.

Event Schedule

(Based on 8 athletes per field)

Monday, February 18

11:00am Heptathlon Hurdles
11:45am Heptathlon High Jump
1:15pm Heptathlon Shot Put
2:15pm Heptathlon 200m

11:30am Decathlon 100m
12:10pm Decathlon Long Jump
1:15pm Decathlon Shot Put
2:20pm Decathlon High Jump
3:45pm Decathlon 400m

Tuesday, February 19

1:00pm Heptathlon Long Jump
2:00pm Heptathlon Javelin
3:15pm Heptathlon 800m

1:00pm Decathlon 110HH
1:50pm Decathlon Discus
2:50pm Decathlon Pole Vault
4:40pm Decathlon Javelin
6:00pm Decathlon 1500m

(Sunset 5:52pm)

6:10pm 10,000m Run

Contact: Christopher Zepeda, Head Coach at czepeda@hartnell.edu for more information