

**THE TWENTY-FOURTH ANNUAL  
CARLETON COLLEGE-M.I.A.C.  
DECTHLON/HEPTATHLON CHAMPIONSHIPS  
MAY 3-4, 2007**

**THURSDAY MAY 3**

**DECATHLON**

12:30 pm	100 meters
1:15 pm	Long Jump
2:45 pm	Shot
4:00 pm	High Jump
7:00 pm	400 meters

**HEPTATHLON**

12:00 pm	100m Hurdles
1:15 pm	High Jump
3:45 pm	Shot
5:00 pm	200 meters

**FRIDAY MAY 4**

**DECATHLON**

10:00 am	110m Hurdles
11:00 am	Discus
12:15 pm	Pole Vault
5:00 pm	Javelin
6:45 pm	1500 meters

**HEPTATHLON**

12:00 pm	Long Jump
1:30 pm	Javelin
3:00 pm	800 meters

**FIELD SIZE:**

1. The Decathlon and the Heptathlon are limited to sixteen (16) contestants.
  - a. Decathletes must have competed in seven (7) events during the season. Each athlete's best performances of the best seven events will be scored and the sum tallied to produce a seed performance.
  - b. Heptathletes must have competed in five (5) events during the season. Each athlete's best performances of the best five events will be scored and sum tallied to produce a seed performance.
  - c. If the field of 16 is not filled by athletes meeting the seven or five event requirement, additional competitors may be added first by the number of events competed in and second by the total points in all events contested.

**APPLICABLE RULE:**

1. Each competitor shall be allowed only three (3) attempts in the long jump and throwing events.
2. In running events and hurdles, competitors shall be disqualified in any event, in which he or she has made two (2) false starts.
3. All contestants shall compete in field events in one continuous flight drawn by lot.

If heats are necessary in any event, lot shall determine the composition of the heats within each group. No fewer than two competitors shall stat in any heat. Where possible, three or four competitors will start in each heat with the exception of the Decathlon 1500 and the Heptathlon 800 meters, where eight to twelve competitors may start in each heat. In the 1500 meters, one group will consist of the leaders after the ninth event. In the 800 meters, one group will consist of the leaders after the sixth event. **IT IS RECOMMENDED THAT ALL COMPETITORS RUN IN THE SAME HEAT IF POSSIBLE.**

Starting heights in the high jump and pole vault events will be based upon the field. **PLEASE SUBMIT PREFERRED STARTING HEIGHTS WITH YOUR ENTRIES.** The cross bar will be raised 3 cm at a time in the high jump. The pole vault bar will be raised 10 cm at a time. The rules governing the pole vault and the high jump are the rules from the NCAA Rule Book concerning those events.

An athlete failing to start in any event will be considered to have abandoned the entire competition.

Disqualification in any single event does not constitute disqualification from the entire competition, unless it is of an unsportsmanlike nature.

SPIKES SHOULD BE ¼” PYRAMID IT’S METRIC EQUIVALENT OR LESS.

PLEASE FAX, PHONE OR E-MAIL YOUR ENTRIES TO LEON LUNDER NOT LATER THAN TUESDAY MAY 1 BY 5:00 PM.

FAX NUMBER: (507) 646-5550

PHONE: (507) 646-4052

E-MAIL: [llunder@carleton.edu](mailto:llunder@carleton.edu)

## MIAC COMBINED EVENT ENTRY FORM

### DECATHLON ENTRY

NAME: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

Year in School: \_\_\_\_\_

Event	Performance	Score
100 meters	_____	_____
Long Jump	_____	_____
Shot	_____	_____
High Jump	_____	_____
400 meters	_____	_____
110m Hurdles	_____	_____
Discus	_____	_____
Pole Vault	_____	_____
Javelin	_____	_____
1500 meters	_____	_____
Best Seven Score		_____
Starting Height		
High Jump	_____	
Pole Vault	_____	

### HEPTATHLON ENTRY

NAME: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

Year in School: \_\_\_\_\_

Event	Performance	Score
100m Hurdles	_____	_____
High Jump	_____	_____
Shot	_____	_____
200 meters	_____	_____
Long Jump	_____	_____
Javelin	_____	_____
800 meters	_____	_____
Best Five Score		_____
Starting Height		
High Jump	_____	

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