THE TWENTY-FOURTH ANNUAL
CARLETON COLLEGE-M.I.A.C.
DECTHOLON/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 start 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
### MIAC COMBINED EVENT
#### ENTRY FORM

#### DECATHLON ENTRY

<table>
<thead>
<tr>
<th>Event</th>
<th>Performance</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 meters</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Long Jump</td>
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<tr>
<td>Shot</td>
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<tr>
<td>High Jump</td>
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<tr>
<td>400 meters</td>
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<tr>
<td>110m Hurdles</td>
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<tr>
<td>Discus</td>
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<tr>
<td>Pole Vault</td>
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<td>Javelin</td>
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<tr>
<td>1500 meters</td>
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<tr>
<td>Best Seven Score</td>
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</tbody>
</table>

#### HEPTATHLON ENTRY

<table>
<thead>
<tr>
<th>Event</th>
<th>Performance</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m Hurdles</td>
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</tr>
<tr>
<td>High Jump</td>
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<td>Shot</td>
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<tr>
<td>200 meters</td>
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<tr>
<td>Long Jump</td>
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<tr>
<td>Javelin</td>
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</tr>
<tr>
<td>800 meters</td>
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<tr>
<td>Best Five Score</td>
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</tbody>
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