



# PVCC Indoor Invite

January 30, 2010

## Meet Info:

We will be running the fifth annual PVCC Indoor Invite (1/30/10) at Paradise Valley Community College.

## Meet entry is done through DirectAthletics:

Meet entry will close 01/26/10 11:59 PM. Any changes to the meet entries after the 26<sup>th</sup> must be approved by Todd Lehman, Dave Barney, or Fred Moore.  
<http://www.directathletics.com/meets/track/14294.html>

## Entry Fees:

Individuals - \$20.00 / athlete (must be paid on DirectAthletics)  
Teams - \$100.00 / team / gender (optional payment through DA)  
**(Unattached athletes entered by schools will need to pay entry fees at the finish-line tent prior to competing.)**

## Timing:

All timing will be done electronically, with back-up hand timing.

## Entry list and Heat Sheets:

We will post meet entries and heat sheets by Friday 1/29/10 at the Region I track and field website.  
<http://www.maricopa.edu/cctf/tnfnews.html>

## Results:

Results will be posted on DirectAthletics as well as on the Region I website.

## Multi Events Friday/Saturday:

We will stage the Indoor Pentathlon for women and day one of the men's Indoor Heptathlon on Friday 1/29/10. Day two of the men's Heptathlon will be built into the meet schedule on Saturday 1/30/10. See attached schedules.

## Number of jumps/throws:

Athletes in the horizontal jumps and throwing events will each receive a minimum of three attempts. All athletes with at least one fair attempt in their first three will receive an additional three attempts.

## Athletic Trainer:

PVCC will have an Athletic Trainer on site, however we ask that if your athletes need taping that they bring their own supplies.

## Time Schedule:

We will stay on time with the posted event schedule.



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January 29 & 30, 2010

## January 29<sup>th</sup>, 2010: Multi Events - Day One

1:00	Women's Pentathlon 60m Hurdles
1:20	Men's Heptathlon 60m
1:45	Women's Pentathlon HJ
2:00	Men's Heptathlon LJ
3:15	Women's Pentathlon SP
3:30	Men's Heptathlon SP
4:15	Women's Pentathlon LJ
4:45	Men's Heptathlon HJ
5:15	Women's Pentathlon 800m

start times are approximate based on rolling multi sched meets

## January 30<sup>th</sup>, 2010: Running Events

11:00	Men's Heptathlon 60m Hurdles
11:40	Men's Heptathlon Pole Vault (North Runway)
11:30	5,000m(M/W combined)
<i>(All 5,000 competitors will be removed from the track by 11:55 a.m.)</i>	
12:00	Distance Medley(W/M) (1200-400-800-1600)
12:30	4 x 800m(W/M)
1:00	60 Hurdles(W/M)
1:15	1500m(W/M)
1:35	Men's Heptathlon 1000m
1:40	600m(W/M)
1:50	60m Dash(W/M)
2:10	400m(W/M)
2:15	200M <i>(Report Call @ Finish Line. Event re-seeded for final)</i>
2:30	800m(W/M)
2:50	200m(W/M)
3:10	1000m(W/M)
3:20	3000m(W/M combined)
3:40	4 x 400m(W/M)

### Throws:

12:00	Weight throw	Combined Men and Women
1:00	Shot Put	Women followed by Men

### Vertical Jumps:

12:00	Pole Vault:	Women followed by Men
1:30	High Jump:	Women followed by Men

### Horizontal Jumps:

12:00-1:00 Long jump  
2:30-3:30 Triple jump

Combined Men and Women - open pit  
Combined Men and Women - open pit



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### Vertical Jumps Height Progressions:

#### High Jump:

Men's progression

1.68/5-6 – 1.73/5-8 – 1.78/5-10 – 1.83/6-0 – 1.88/6-2 – 1.93/6-4 – **1.98/6-6**  
2.03/6-8 – 2.08/6-9<sup>3</sup>/<sub>4</sub>

Women's progression

1.35/4-5 – 1.40/4-7 – 1.45/4-9 – 1.50/4-11 – **1.55/5-1** – 1.60/5-3 – 1.65/5-5  
1.70/5-7 – 1.75/5-8<sup>3</sup>/<sub>4</sub>

#### Pole Vault:

Women's progression

2.45/8-<sup>1</sup>/<sub>2</sub> – 2.60/8-6<sup>1</sup>/<sub>4</sub> – 2.75/9-<sup>1</sup>/<sub>4</sub> – **2.90/9-6<sup>1</sup>/<sub>4</sub>** – 3.05/10-0  
3.20/10-6 – 3.35/10-11<sup>3</sup>/<sub>4</sub> – 3.50/11-5<sup>3</sup>/<sub>4</sub> – 3.65/11-11<sup>3</sup>/<sub>4</sub> – 3.75/12-3<sup>1</sup>/<sub>2</sub>  
3.85/12-7<sup>1</sup>/<sub>2</sub>...

Men's progression

3.70/12-1<sup>1</sup>/<sub>2</sub> – 3.85/12-7<sup>1</sup>/<sub>2</sub> – 4.00/13-1<sup>1</sup>/<sub>2</sub> – 4.15/13-7<sup>1</sup>/<sub>4</sub> – **4.30/14-1<sup>1</sup>/<sub>4</sub>**  
4.45/14-7<sup>1</sup>/<sub>4</sub> – 4.60/15-1 – 4.75/15-7 – 4.90/16-<sup>3</sup>/<sub>4</sub> – 5.00/16-4<sup>3</sup>/<sub>4</sub>  
5.10/16-8<sup>3</sup>/<sub>4</sub> ...

**BOLD signifies 2010 NJCAA Indoor Championships qualifying mark.**