



Puma Indoor Classic & Multi

Friday-Saturday, January 20th-21st, 2017

Meet Info:

Paradise Valley Community College will host the Eleventh Annual Puma Indoor Classic Track and Field meet on Friday, January 20th, and Saturday, January 21st, 2017, at Paradise Valley Community College. This meet will host indoor events on PV's outdoor facility. It will also include the indoor Multi-Events.

Eligibility:

All events will be open to collegiate as well as club, and unattached athletes.

Entry Process:

Individuals and teams can enter through Direct Athletics via the following link:

<https://www.directathletics.com/meets/track/47819.html>

Entry deadline for the Multi-Events is Wednesday, January 18th at Midnight MST. All other entries close Thursday, January 19th at Midnight MST.

Entry Fees:

Entry fees can be paid through directathletics.com or at registration tent on meet day.

Multi Events - \$30 per individual (**This fee is in addition to any team or individual entries**)

Unattached - \$25.00 per individual

Teams - \$150 per gender

Timing/Results:

Fully Automatic Timing will be provided by Wingfoot Finish and live results will be provided throughout the meet at live.wingfootfinish.com. Final results will be uploaded to TFRRS.org, as well as posted to the Region 1 website and PVCC athletics page.

Schedule:

The schedule that is attached to this document is tentative. A final event schedule will be shared by Friday morning, January 20th.

Athletic Training:

Certified Athletic Training services will be available, but we ask that you please provide your own materials if you wish to receive taping, etc.

Field Events Info:

The vertical jumping events will follow progressions to the NJCAA National Qualifying Marks (see attachment to schedule). In the interest of time, opening heights for the women's pole vault will be 2.60m (8-06) and 3.75m (12-03) for the men.

In the horizontal jumps and throws all athletes will receive three preliminary attempts, while the top 9 marks will advance to a final for 3 additional attempts.

Be advised: In the field events, NCAA rules will be followed regarding check-in/check-out. Running events take priority during preliminary rounds only. If the athlete is not present during the finals, their attempt will be counted as a "PASS" and the official will move to the next athlete in order.

Spectator Entry:

Spectators will be charged the following entry fees and can enter the facility at the Northwest corner of the track.

Spectator Entry Fees (Cash Only):

Adult - \$5.00

Senior - \$3.00

Student (with ID) - \$3.00

Children under 12 – Free



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Tentative Meet Schedule (1/02/2017)

Friday, January 20th, 2017 Multi Events Day 1

Start Times are approximate based on completion time of each event. Each event will start 30 minutes after the completion of the prior event.

| | | |
|---------|---|-------------------------|
| 1:00 pm | W | Pentathlon 60 M Hurdles |
| 1:20 pm | M | Heptathlon 60 M Dash |
| 1:45 pm | W | Pentathlon High Jump |
| 2:00 pm | M | Heptathlon Long Jump |
| 3:15 pm | W | Pentathlon Shot Put |
| 3:30 pm | M | Heptathlon Shot Put |
| 4:15 pm | W | Pentathlon Long Jump |
| 4:45 pm | M | Heptathlon High Jump |
| 5:15 pm | W | Pentathlon 800 M run |

Saturday, January 21st, 2017 Running Events/Field Events/Men's Heptathlon Day 2

Once Schedule is finalized, start times for each event will be followed.

Running Events

| | | |
|----------|--|-------------------------|
| 9:00 am | M | Heptathlon 60 M Hurdles |
| 10:00 am | Combined | 5,000 M run |
| 10:30 am | W/M | Distance Medley Relay |
| 11:00 am | W/M | 60 M Hurdles Prelims |
| 11:20 am | W/M | 60 M Dash Prelims |
| 11:45 am | W/M | 4 x 800 M relay |
| 12:10 pm | M | Heptathlon 1000 M run |
| 12:15 pm | W/M | Mile run |
| 12:30 pm | W/M | 600 M run |
| 12:45 pm | M/W | 60 M Hurdles FINAL |
| 12:55 pm | W/M | 60 M dash FINAL |
| 1:05 pm | W/M | 400 M run |
| 1:30 pm | (Report Call for 200 M @ Finish Line. Event will be re-seeded for finals) | |
| 1:30 pm | W/M | 800 M Run |
| 1:45 pm | W/M | 200 M Run |

| | | |
|---------|-----|---------------|
| 2:20 pm | W/M | 1000 M Run |
| 2:30 pm | W/M | 3000 M Run |
| 2:55 pm | W/M | 4 x 400 M Run |

Field Events

| | | |
|----------|-----|--|
| 9:40 am | M | Heptathlon Pole Vault |
| 10:00 am | W/M | Weight Throw |
| | W/M | Long Jump |
| | W/M | Triple Jump will follow completion of long jump |
| 11:30 am | W/M | Pole Vault |
| 11:30 am | M/W | High Jump |
| 12:00 pm | W/M | Shot Put |

Vertical Jumps Height Progressions:

High Jump:

Men's progression

1.65m(5-5), 1.70m(5-7), 1.75m(5-9), 1.80m(5-11), 1.85m(6-1), 1.90m(6-3),
1.95m(6-5), **2.00m(6-6½)**, 2.05m(6-8½), 2.10m(6-10½). 2.15m(7-0½)...

Women's progression

1.36m(4-5½), 1.41m(4-7½), 1.46m(4-9½), 1.51m(4-11½), 1.56m(5-1½),
1.61m(5-3½), 1.66m(5-5½), 1.71m(5-7½), 1.76m(5-9½)...

Pole Vault:

Women's progression

2.60m(8-6½), 2.75m(9-0½), 2.90m(9-6), **3.05m(10-0)**, 3.20m(10-6),
3.35m(11-0), 3.50m(11-6), 3.65m(11-11½), 3.75m(12-3½), 3.85m(12-7½),
3.90m(12-9½)...

Men's progression

3.75m(12-3½), 3.90m(12-9½), 4.05m(13-3½), 4.20m(13-9½), **4.35m(14-3½)**,
4.50m(14-9), 4.65m(15-3), 4.80m(15-9), 4.90m(16-¾), 5.00m(16-4¾),
5.10m(16-8¾)...