



Paradise Valley Indoor Invitational

Saturday, January 28th, 2017

Meet Info:

Paradise Valley Community College will host the Paradise Valley Indoor Invitational Track and Field meet on Saturday January 28th at Paradise Valley Community College. This meet will host indoor events on PV's outdoor facility.

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/47842.html>

Entries will close Thursday, January 26th at Midnight MST.

Entry Fees:

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

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 27th.

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 (1/03/2017)

Saturday, January 28th, 2017

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

Running Events

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
12:15 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

10:00 am	W/M	Weight Throw
	W/M	Long Jump
	W/M	Triple Jump will follow completion of long jump
10:00 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)...