

Pima Aztec Invitational Track & Field Meet

Friday and Saturday, February 3rd and 4th, 2017



Meet Info:

The Pima Aztec Track and Field Invitational will be run on Friday and Saturday, February 3rd and 4th, 2017 from 1:00 to 5:00 on Friday and 10:30 to 3:00 PM on Saturday.

Meet entries are being accepted at www.directathletics.com

Meet entries close on Thursday February, 2nd at 7:00 PM. Any changes to the meet entries after the 2nd must be approved by Greg Wenneborg.

Entry Fees:

Individuals - \$20.00 / athlete

Teams - \$150.00 / team / gender

(Unattached athletes entered by schools will need to pay entry fees at the packet pick-up tent prior to competing.)

Timing:

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

Entry list and Heat Sheets:

Please see the Region I Track and Field website.

<http://regiononecctf.com/tfnnews.html>

Results:

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

Number of jumps/throws:

Athletes in the horizontal jumps and throwing events will each receive a minimum of three jumps. The top nine athletes after the first three rounds will move on to the finals for an additional three attempts.

Athletic Trainer:

Pima Community College 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 try to stay on schedule, but may see some minor delays. **I will send an updated schedule after seeing entries.**

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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-events

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Saturday, February 4th, 2017

10:00 Men's 60 m hurdles Heptathlon
10:05 60 m hurdles prelims (M/W)
10:15 60 m Dash Prelims (W/M)
10:30 Distance Medley (W/M) (1200-400-800-1600)
11:00 5000 Meters (W/M combined)
11:25 4 x 800m Relay (W/M)
11:45 60 m Hurdles Final(W/M)
11:55 60 m Dash Final (W/M)
12:05 Mile Run(W/M)
12:25 600m(W/M)
12:45 400m(W/M)
12:45 Seeding for 200 meters
12:55 800m(W/M)
1:05 200m(W/M)
1:25 1000m(W/M)
 Heptathlon 1000
1:35 3000m(W/M)
2:00 4 x 400m(W/M)

Throws:

10:30 AM Weight throw Combined Men and Women -
12:00 Shot Put Women followed by Men

Vertical Jumps:

10:45 Heptathlon Pole Vault
11:30 Pole Vault: Women followed by Men
12:30 High Jump: Women followed by Men

Horizontal Jumps:

11:00 -12:30 Long jump Combined Men and Women - open pit
12:45-2:15 Triple jump Combined Men and Women - open pit

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Vertical Jumps Height Progressions:

High Jump:

Men's progression

1.70/5-7 - 1.75/5-8³/₄ - 1.80/5-10³/₄ - 1.85/6-0³/₄ - 1.80/6-2³/₄ - 1.95/6-4³/₄ -

2.00/6-6³/₄

2.05/6-8³/₄ - 2.10/6-10³/₄

Women's progression

1.36/4-5¹/₂ - 1.41/4-7¹/₂ - 1.46/4-9¹/₂ - 1.51/4-11¹/₂ - 1.56/5-1¹/₂ - **1.61/5-3¹/₂** -

1.66/5-5¹/₂

1.71/5-7¹/₂ - 1.76/5-8¹/₄

Pole Vault: Tentative - May start at lower heights if necessary

Women's progression

2.45/8¹/₂ - 2.60/8-6¹/₄ - 2.75/9-¹/₄ - 2.90/9-6¹/₄ - **3.05/10-0** - 3.20/10-6 -

3.35/10-11³/₄ - 3.50/11-5³/₄ - 3.65/11-11³/₄ - 3.75/12-3¹/₂ - 3.85/12-7¹/₂ ...

Men's progression

3.75/12-3¹/₂ - 3.90/12-9¹/₂ - 4.05/13-3¹/₂ - 4.20/13-9¹/₄ - - **4.35/14-3¹/₄** -

4.50/14-9¹/₄ - 4.65/15-3 - 4.80/15-9 - 4.95/16-2³/₄ - 5.15/16-6³/₄

BOLD signifies NJCAA Indoor Championships qualifying mark.