

# Puma Invitational Track & Field Meet



*Thursday-Saturday, March 23<sup>rd</sup>, 25<sup>th</sup>, 2017*

**Meet Info:** Paradise Valley Community College will host the Twelfth Annual Puma Outdoor Invitational track and field meet on Thursday and Saturday, March 23<sup>rd</sup> and 25<sup>th</sup>, 2017, at Paradise Valley Community College. This meet will include a Thursday evening “Distance in the Dark” session at Scottsdale Community College, with the remainder of the open events, on Saturday, at the Paradise Valley Community College Track and Field Facility.

**Meet entry through DirectAthletics:**

All athletes should be entered through DirectAthletics at [directathletics.com](http://directathletics.com) (<https://www.directathletics.com/meets/track/49481.html>). Meet entry will close Wednesday, March 22<sup>nd</sup>, 2017, at 11:59 P.M. Any changes to meet entries after March 22<sup>nd</sup>, must be approved by Coaches David Barney or Brian Batliner.

**Entry Fees:** Individuals- \$25.00 per athlete (must be paid through DirectAthletics)  
Teams- \$150.00 per team, per gender

**Timing:** All timing will be done electronically.

**Entry List and Heat Sheets:**

We will post meet entries and heat sheets by Friday (3/24/17) at the Region I Track and Field website: (<http://regiononecctf.com/tfnnews.html>)

**Results:** Results will be posted on DirectAthletics and TFRRS.org, as well as on the Region I website.

**Number of Jumps/Throws:** Athletes in the horizontal jumps and throwing events will be divided into flights and will each receive a minimum of three attempts. The top nine competitors will advance to the finals and receive an additional 3 attempts.

**Time Schedule:** We will stay on time with the event schedule,

**HOWEVER, SATURDAY’S TIME SCHEDULE WILL BE UPDATED  
FRIDAY, MARCH 24<sup>TH</sup>, BASED ON ENTRIES!!!!**

# Puma Outdoor Invitational



*Thursday-Saturday, March 23<sup>rd</sup> - 25<sup>th</sup>, 2017*

## **Thursday, March 23<sup>rd</sup>, 2017**

*Thursday night's distance races will be run at Scottsdale Community College!*

### **Distance In the Dark:**

7:30 PM 1500m (W)

7:45 PM 1500m (M)

8:00 PM 5000m (W)

8:25 PM 5000m (M)

8:45 PM 10000m (W/M) Combined

# Puma Outdoor Invitational



Thursday-Saturday, March 23<sup>rd</sup> - 25<sup>th</sup>, 2017

## Saturday, March 25<sup>th</sup>, 2017

### Field Events:

- 9:00 AM HAMMER (Women)
- 9:00 AM JAVELIN (Men)
- 9:00 AM POLE VAULT (Women) (Starting height- 2.60m)
- 10:00 AM LONG JUMP (Men's and Women's separate pits)
- 10:00 AM JAVELIN (Women)
- 10:00 AM HAMMER (Men)
- 11:00 AM POLE VAULT (Men) (Starting height- 3.79m)
- 11:00 AM HIGH JUMP (Women followed by Men)
- 11:00 AM SHOT PUT (Women)
- 11:00 AM DISCUS (Men)
- 11:30 AM TRIPLE JUMP (Men's and Women's separate pits)
- 12:00 PM DISCUS (Women)
- 12:00 PM SHOT PUT (Men)

## Saturday, March 25<sup>th</sup>, 2017

### Track Events:

- 10:00 AM 4X100 RELAY (W)
- 10:05 AM 4X100 RELAY (M)
- 10:15 AM 3000m STEEPLECHASE (W)
- 10:35 AM 3000m STEEPLECHASE (M)
- 10:50 AM 100 HURDLES (W)
- 11:00 AM 110 HURDLES (M)
- 11:10 AM 400 (W)
- 11:15 AM 400 (M)
- 11:25 AM 100 (W)
- 11:30 AM 100 (M)
- 11:40 AM 800 (W)
- 11:45 AM 800 (M)
- 11:55 AM 400 HURDLES (W)
- 12:00 PM 400 HURDLES (M)
- 12:10 PM 200 (W)
- 12:25 PM 200 (M)
- 12:45 PM 4X400 RELAY (W)
- 12:50 PM 4X400 RELAY (M)

High Jump:

Men's progression

1.65/5-5 – 1.70/5-7 – 1.75/5-9 – 1.80/5-11 – 1.85/6-1 – 1.90/6-3 – 1.95/6-5  
2.00/6-6½ – 2.05/6-8½ – 2.10/6-10½ – 2.15/7-0½

Women's progression

1.36/4-5½ – 1.41/4-7½ – 1.46/4-9½ – 1.51/4-11½ – 1.56/5-1½ – 1.61/5-3½  
1.66/5-5½ – 1.71/5-7½ – 1.76/5-9½

Pole Vault:

Women's progression

2.60/8-6½ – 2.75/9-0½ – 2.90/9-6 – 3.05/10-0 – 3.20/10-6 – 3.35/11-0 –  
3.50/11-6 – 3.65/11-11½ – 3.75/12-3½ – 3.85/12-7½  
3.90/12-9½...

Men's progression

3.75/12-3½ – 3.90/12-9½ – 4.05/13-3½ – 4.20/13-9½ – 4.35/14-3½  
4.50/14-9 – 4.65/15-3 – 4.80/15-9 – 4.90/16-¾ – 5.00/16-4¾  
5.10/16-8¾ ...