

# Pima Aztec Invitational Track & Field Meet

Friday and Saturday, January 20<sup>th</sup>, 2018



## **Meet Info:**

The Pima Aztec Track and Field Invitational will be run on Saturday, January 20<sup>th</sup>, 2018 from 10:00 to 3:00 PM.

## **Meet entries are being accepted at [www.directathletics.com](http://www.directathletics.com)**

Meet entries close on Wednesday, January 17<sup>th</sup> at 12:00 Midnight. Any changes to the meet entries after the 17<sup>th</sup> must be approved by Greg Wenneborg.

## **Entry Fees:**

Individuals - \$15.00 / 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.**

# **Pima Aztec Invitational Track & Field Meet**

Saturday, January 20<sup>th</sup>, 2018

10:30 Distance Medley (M/W) (1200-400-800-1600)

11:00 5000 Meters (M/W combined)

11:40 4 x 800m Relay (M/W)

12:00 60m Hurdles(M/W)

12:10 Mile Run(M/W)

12:25 600m(M/W)

12:40 60m Dash(M/W)

1:00 400m(M/W)

1:00 Seeding for 200 meters

1:10 800m(M/W)

1:20 200m(M/W)

1:40 1000m(M/W)

1:50 3000m(M/W)

2:15 4 x 400m(M/W)

## **Throws:**

**10:30 AM Weight throw Combined Men and Women -**

12:00 Shot Put Men followed by Women

## **Vertical Jumps:**

**9:30 High Jump: Men followed by Women**

11:00 Pole Vault: Men followed by Women

## **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 - 1.75/5-8<sup>3</sup>/<sub>4</sub> - 1.80/5-10<sup>3</sup>/<sub>4</sub> - 1.85/6-0<sup>3</sup>/<sub>4</sub> - 1.80/6-2<sup>3</sup>/<sub>4</sub> - 1.95/6-4<sup>3</sup>/<sub>4</sub> -

**2.00/6-6<sup>3</sup>/<sub>4</sub>**

2.05/6-8<sup>3</sup>/<sub>4</sub> - 2.10/6-10<sup>3</sup>/<sub>4</sub>

Women's progression

1.36/4-5<sup>1</sup>/<sub>2</sub> - 1.41/4-7<sup>1</sup>/<sub>2</sub> - 1.46/4-9<sup>1</sup>/<sub>2</sub> - 1.51/4-11<sup>1</sup>/<sub>2</sub> - 1.56/5-1<sup>1</sup>/<sub>2</sub> - **1.61/5-3<sup>1</sup>/<sub>2</sub>** -

1.66/5-5<sup>1</sup>/<sub>2</sub>

1.71/5-7<sup>1</sup>/<sub>2</sub> - 1.76/5-8<sup>1</sup>/<sub>4</sub>

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

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

3.75/12-3<sup>1</sup>/<sub>2</sub> - 3.90/12-9<sup>1</sup>/<sub>2</sub> - 4.05/13-3<sup>1</sup>/<sub>2</sub> - 4.20/13-9<sup>1</sup>/<sub>4</sub> - - **4.35/14-3<sup>1</sup>/<sub>4</sub>** -

4.50/14-9<sup>1</sup>/<sub>4</sub> - 4.65/15-3 - 4.80/15-9 - 4.95/16-2<sup>3</sup>/<sub>4</sub> - 5.15/16-6<sup>3</sup>/<sub>4</sub>

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