

# Aztec Invitational Track & Field Meet

Friday, April 6<sup>th</sup>, 2018



## **Meet Info:**

The Pima Aztec Track and Field Invitational will be held on Friday, April 6<sup>th</sup>, 2018 from 9:30 AM to 3:30 PM.

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

Meet entries close on Wednesday April 4<sup>th</sup> at 7:00 PM. Any changes to the meet entries after the 5<sup>th</sup> 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/tnfnews.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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**QUESTIONS OR COMMENTS: PLEASE CONTACT GREG WENNEBORG**

**520-977-4072**

[Gwenneborg@pima.edu](mailto:Gwenneborg@pima.edu)

## Field Events

<b>9:30 AM</b>	Women's Javelin - Men to Follow
10:00 AM	Men's Hammer - Women to Follow
10:00 AM	Women's Pole vault - Men to Follow
10:00 AM	Women's High Jump - Men to Follow
11:30 AM	Long jump Open Pit 11:30 - 1:30
11:30 AM	Men's Discus - Women to Follow
1:00 PM	Men's Shot - Women to Follow
1:30 PM	Triple Jump Open Pit 1:40-3:30

## Running Events:

10:00	3000 Meter SC: Women
10:20	3000 Meter SC: Men
10:35	400 Meter Relay: Women
10:40	400 Meter Relay: Men
10:50	1500 meter: Women
11:00	1500 meter: Men
11:15	400 meter: Women
11:25	400 meter: Men
11:45	100 Meter Hurdles: Women
11:55	110 Meter Hurdles: Men
12:05	100 Meter: Women
12:15	100 Meter: Men
12:25	800 Meter: Women
12:35	800 Meter: Men
12:50	400 Meter Intermediate Hurdles: Women
1:00	400 Meter Intermediate Hurdles: Men
1:10	200 Meter: Women
1:20	200 Meter: Men
1:35	5000 Meter: Women
2:00	5000 Meter: Men
2:20	1600 Meter Relay: Women
2:30	1600 Meter Relay: Men

## Vertical Jump Height Progressions:

### High Jump:

#### Men's progression

1.68/5-6 – 1.73/5-8 – 1.78/5-10 – 1.83/6-0 – 1.88/6-2 – 1.93/6-4 –  
1.98/6-6 - 2.03/6-8 – 2.08/6-10- 2.13/7-0 - 2.18/7-2

#### Women's progression

1.38/4-6½ – 1.43/4-8½ – 1.48/4-10½ – 1.53/5-0 – 1.58/5-0 – 1.63/5-  
2 - 1.68/5-6 - 1.73/5-8– 1.78/5-10

### 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

3.70/12-1½ – 3.85/12-7½ – 4.00/13-1½ – 4.15/13-7½ – 4.30/14-1½  
4.45/14-7 – 4.60/15-1 – 4.75/15-7 – 4.90/16-¾ – 5.00/16-4¾ -  
5.10/16-8¾ ...