Puma Indoor
Track & Field Meet
Saturday, January 19th, 2019

Meet Info: Paradise Valley Community College will host the Thirteenth Annual Puma Indoor Invitational track and field meet on Saturday, January 19th, 2019, at Paradise Valley Community College. This meet will host indoor events on Paradise Valley's outdoor facility.

Meet entry through DirectAthletics:
All athletes should be entered through DirectAthletics at **directathtletics.com (meet is listed on DirectAthletics as "Puma Indoor Invitational")**. Meet entry will close Thursday, January 17th, 2019, at 11:59 P.M. Any changes to meet entries, after January 17th, must be approved by Coach David Barney.

Entry Fees: Individuals- $25.00 per athlete (paid through DirectAthletics)
Teams- $200.00 per team, per gender (optional payment through DA)
(Teams and unattached athletes who do not pay through DA will need to pay entry fees at the stadium entry tent prior to competing)

Timing: All timing will be done electronically by *Wingfoot Finish*.

Results: Timing and Results services will be provided by *Wingfoot Finish*. Live results can be found at: ***live.wingfootfinish.com***. Results will also be posted on DirectAthletics and TFRRS.org, as well as on the Region I website after the conclusion of the meet.

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.

Athletic Trainer: PVCC will have an Athletic Trainer on-site, however, we ask that if your athletes need taping, they bring their own supplies.

Time Schedule: We will stay on time with the event schedule. **It is possible that there may be changes to the schedule following meet entry (due to numbers). If there is an updated schedule, it will be posted by noon, Friday, January 18th.**

Puma Indoor Invitational

Saturday, January 19th, 2019

Running Events:

10:00am	5,000m(Combined)
10:30am	Distance Medley (W/M) (1200-400-800-1600)
11:00am	60m Hurdles(W/M)
11:20am	Mile run(W/M)
11:40am	600m(W/M)
11:55pm	60m Dash(W/M)
12:15pm	400m(W/M)
12:20pm	*200M (Report Call @ Finish Line Tent. Event re-seeded for final)*
12:35pm	800m(W/M)
12:55 pm	200m(W/M)
1:35pm	1000m(W/M)
1:45pm	3000m(W/M)- (may be combined depending on entries)
2:15pm	4 x 400m(W/M)

Field Events:

Throws:

10:00 Weight throw- Men
10:00 Shot Put- Women
11:30 Weight throw- Women
11:30 Shot Put- Men

Vertical Jumps:

11:00 Pole Vault/ Women followed by Men
11:00 High Jump/ Women followed by Men

Horizontal Jumps:

10:00 Long Jump followed by Triple Jump (Women) (South Pit)
10:00 Long Jump followed by Triple Jump (Men) (North Pit)

Vertical Jumps Height Progressions:

High Jump:

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…

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…

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 …