

Pima Aztec Invitational Track & Field Meet

Saturday, February 2nd, 2019



Meet Info:

The Pima Aztec Track and Field Invitational will be run on Saturday, February 2nd, 2019 from 10:00 to 3:00 PM.

Meet entries are being accepted at www.directathletics.com

Meet entries close on Thursday January 31st at 7:00 PM. Any changes to the meet entries after the 31st must be approved by Greg Wenneborg.

Entry Fees:

Individuals - \$15.00 / athlete

Teams - \$175.00 / 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, February 2nd, 2019

10:00 Men's 60 m hurdles Heptathlon
10:30 Distance Medley (W/M) (1200-400-800-1600)
11:00 5000 Meters (W/M combined)
11:40 4 x 800m Relay (W/M)
12:00 60m Hurdles(W/M)
12:10 Mile Run(W/M)
12:25 600m(W/M)
12:40 60m Dash(W/M)
1:00 400m(W/M)
1:00 Seeding for 200 meters
1:10 800m(W/M)
1:20 200m(W/M)
1:40 1000m(W/M)
 Heptathlon 1000
1:50 3000m(W/M)
2:15 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

Pima Aztec Track & Field Invitational Meet

February 2nd, 2019

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

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

3.35/10-11 3/4 - 3.50/11-5 3/4 - 3.65/11-11 3/4 - 3.75/12-3 1/2 - 3.85/12-7 1/2 ...

Men's progression

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

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

BOLD signifies NJCAA Indoor Championships qualifying mark.