

# Puma Indoor Track & Field Meet

Saturday, January 18<sup>th</sup>, 2020



**Meet Info:** Paradise Valley Community College will host the Fourteenth Annual Puma Indoor Invitational track and field meet on Saturday, January 18<sup>th</sup>, 2020, 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 [directathletics.com](http://directathletics.com) (**meet is listed on DirectAthletics as "Puma Indoor Invitational"**). Meet entry will close Thursday, January 16<sup>th</sup>, 2020, at 11:59 P.M. Any changes to meet entries, after January 16<sup>th</sup>, 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](http://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 17<sup>th</sup>.**

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## Running Events:

10:00am	Distance Medley (W/M) (1200-400-800-1600)
10:30am	60m Hurdles(W/M)
10:50am	Mile run(W/M)
11:10am	600m(W/M)
11:25am	60m Dash(W/M)
11:45am	400m(W/M)
11:55am	200M ( <i>Report Call @ Finish Line Tent. Event re-seeded for final</i> )
12:05pm	800m(W/M)
12:15pm	200m(W/M)
1:05pm	1000m(W/M)
1:15pm	3000m(W/M)- (may be combined depending on entries)
1:45pm	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 ...

**NJCAA INDOOR TRACK & FIELD QUALIFYING STANDARDS**

**Women's:**

60m- 7.83  
60mH- 9.15  
200m- 25.11  
400m- 58.59  
600m- 1:39.40  
800m- 2:24.39  
1000m- 3:10.86  
Mile-5:21.69  
3000m- 10:53.74  
5000m- 19:06.41

HJ- 1.61m  
LJ- 5.40m  
TJ- 11.03m  
PV- 3.09m  
SP- 12:30m  
WT- 14.88m

4x400m- 4:04.57  
4x800m- 10:04.27  
DMR- 13:18.32

**Men's:**

60m- 6.87  
60mH- 8.43  
200m- 21.89  
400m- 49.22  
600m- 1:21.91  
800m- 1:58.06  
1000m- 2:34.93  
Mile- 4:23.93  
3000m- 8:50.65  
5000m- 15:28.33

HJ- 2.00m  
LJ- 7.05m  
TJ- 14.29m  
PV- 4.31m  
SP- 14.92m  
WT- 15.30m

4x400m- 3:20.78  
4x800m- 7:59.28  
DMR- 10:33.66

