

# Paradise Valley Indoor Invitational *Track & Field Meet*



*Saturday, January 29<sup>th</sup>, 2022*

**Meet Info:** Paradise Valley Community College will host the Paradise Valley Indoor Invitational track and field meet on Saturday, January 29<sup>th</sup>, 2022, at Paradise Valley Community College. This meet will host indoor events on Paradise Valley's outdoor facility.

**Meet entry through Direct Athletics:**

All athletes should be entered through Direct Athletics at [directathletics.com](http://directathletics.com) (meet is listed on Direct Athletics as "Paradise Valley Indoor Invitational"). Meet entry will close Thursday, January 27<sup>th</sup>, 2022, at 11:59 P.M. Any changes to meet entries, after January 27<sup>th</sup>, must be approved by Coach David Barney.

**Entry Fees:** Individuals- \$25.00 per athlete (paid through Direct Athletics)  
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 Direct Athletics 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 28<sup>th</sup>.**

# *PV Indoor Invitational*

Saturday, January 29<sup>th</sup>, 2022



## **Running Events:**

9:30am	5,000m(Combined)
10:00am	60m Hurdles Prelims(W/M)
10:20am	3000m(M)
10:35am	60m Dash Prelims(W/M)
11:00am	Distance Medley Relay(W/M)
11:25am	60m Hurdles Final(W/M)
11:35am	Mile run(W/M)
11:55pm	600m(W/M)
12:10pm	60m Dash Final(W/M)
12:20pm	400m(W/M)
12:30pm	200M ( <i>Report Call @ Finish Line Tent. Event re-seeded for final</i> )
12:45pm	800m(W/M)
1:00pm	200m(W/M)
1:25pm	1000m(W/M)
1:35pm	3000m(W)
1:50pm	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:**

- 10:00 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)

## NJCAA INDOOR TRACK & FIELD QUALIFYING STANDARDS

### Women's:

60m- 7.78  
60mH- 9.07  
200m- 25.01  
400m- 58.18  
600m- 1:39.30  
800m- 2:24.33  
1000m- 3:10.86  
Mile-5:21.69  
3000m- 10:53.74  
5000m- 19:06.41

HJ- 1.61m  
LJ- 5.41m  
TJ- 11.03m  
PV- 3.04m  
SP- 12:30m  
WT- 14.88m

4x400m- 4:02.02  
4x800m- 10:04.27  
DMR- 13:18.32

### Men's:

60m- 6.87  
60mH- 8.40  
200m- 21.81  
400m- 48.93  
600m- 1:21.65  
800m- 1:58.06  
1000m- 2:34.61  
Mile- 4:22.17  
3000m- 8:48.29  
5000m- 15:28.33

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

4x400m- 3:19.67  
4x800m- 7:59.28  
DMR- 10:33.66

