

Paradise Valley Indoor Invitational *Track & Field Meet*



Saturday, January 28th, 2023

Meet Info: Paradise Valley Community College will host the Paradise Valley Indoor Invitational track and field meet on Saturday, January 28th, 2023, 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 (**meet is listed on Direct Athletics as "Paradise Valley Indoor Invitational"**). Meet entry will close Thursday, January 26th, 2023, at 11:59 P.M. Any changes to meet entries, after January 26th, must be approved by Paradise Valley Head Coach David Barney.

Entry Fees: Individuals- \$25.00 per athlete (paid through Direct Athletics)
Teams- \$250.00 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 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 27th.**

PV Indoor Invitational

Saturday, January 28th, 2023



Running Events:

10:00am	Distance Medley Relay(W/M)
10:30am	60m Hurdles Prelims(W/M)
10:40am	60m Dash Prelims(W/M)
11:15am	5,000m(Combined)
11:40am	60m Hurdles Final(W/M)
11:50am	60m Dash Final(W/M)
12:00pm	Mile run(W/M)
12:15pm	600m(W/M)
12:30pm	400m(W/M)
12:45pm	200M (<i>Report Call @ Finish Line Tent. Event re-seeded for final</i>)
12:45pm	800m(W/M)
1:00pm	200m(W/M)
1:30pm	1000m(W/M)
1:40pm	3000m(Combined)
2:00pm	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 2022-2023- MEN'S INDOOR QUALIFYING STANDARDS

TRACK TIMES	
EVENT	CUT TIME
60m	6.85
60mH	8.25
200m	21.70
400m	48.51
600m	1:21.71
800m	1:57.03
1000m	2:33.37
Mile	4:20.08
3000m	8:43.08
5000m	15:17.09

FIELD-EVENT DISTANCES	
EVENT	METERS
High Jump	1.99
Long Jump	7.08
Triple Jump	14.23
Pole Vault	4.28
Shot Put	15.13
Weight Throw	15.34

RELAY TIMES	
EVENT	CUT TIME
4x400m	3:18.46
4x800m	7:58.44
Dist. Medley	10:28.64



NJCAA 2022-2023- WOMEN'S INDOOR QUALIFYING STANDARDS

TRACK TIMES	
EVENT	CUT TIME
60m	7.74
60mH	9.09
200m	24.95
400m	57.97
600m	1:39.95
800m	2:23.50
1000m	3:10.86
Mile	5:19.43
3000m	10:49.57
5000m	19:10.71

FIELD-EVENT DISTANCES	
EVENT	METERS
High Jump	1.61
Long Jump	5.54
Triple Jump	11.23
Pole Vault	3.00
Shot Put	12.20
Weight Throw	14.70

RELAY TIMES	
EVENT	CUT TIME
4x400m	3:59.10
4x800m	10:04.97
Dist. Medley	13:07.70



