



# CAC Indoor Invitational Track & Field Meet

Friday, February 3<sup>rd</sup> & Saturday, February 4<sup>th</sup>, 2023

## Friday, February 3<sup>rd</sup>, 2023

### Multi-events: Day One

Women start at 12:00 pm

Men start at 1:00 pm

(minimum # of entries required)

## Saturday, February 4<sup>th</sup>, 2023

### Running Events:

- 9:15 am Heptathlon 60m Hurdles (M)
- 10:00am 60m Hurdles Prelims(M/W) (Men first in this event only)
- 10:20am Distance Medley (W/M) (1200-400-800-1600)
- 10:45am 60m Dash Prelims(W/M)
- 11:15am Mile run(W/M)
- 11:30am 60m Hurdles Final(W/M)
- 11:45am 600m(W/M)
- 12:00pm 60m Dash Final(W/M)
- 12:10pm 400m(W/M)
- 12:20pm 200M (*Report Call @ Finish Line Tent. Event re-seeded for final*)
- 12:40pm 800m(W/M)
- 12:55pm 200m(W/M)
- 1:20pm 1000m(W/M)
- 1:30pm 3000m(W/M) (may be combined depending on entries)
- 1:55pm 4 x 400m(W/M)

*Multi-event Pole Vault will be held during the open vault at 10:00 am*

*Multi-event 1000m Run will be inserted into the meet when appropriate*

### Field Events:

- 10:00 am Weight Throw (M)
- 10:00 am Shot Put(W)
- 10:00 am Pole Vault (Men followed by Women)
- 10:00 am Long Jump (M/W)
- 10:00 am High Jump (Men will follow Women)
- 11:30 am Triple Jump (M/W)
- 11:30 am Weight Throw (W)
- 11:30 am Shot Put (M)



# CAC Indoor Invitational

Friday February 3<sup>rd</sup> & Saturday, February 4<sup>th</sup>, 2023

**Entry Process:** Individuals and teams enter through Direct Athletics via the web link below: <https://www.directathletics.com> Entries will close Thursday, February 2<sup>nd</sup>, 2023, at 12:00 pm MST. Any changes to meet entries after February 2<sup>nd</sup> must be approved by Andrew Wood.

**Entry Fees:** Unattached \$25.00 per Individual. Teams \$200.00 per gender. (Teams and unattached athletes who do not pay through DA will need to pay entry fees at the track entry tent before competing)

**Timing/Results:** *Wingfoot Finish*. Live results: [live.wingfootfinish.com](http://live.wingfootfinish.com). Results will be posted on [DirectAthletics.com](http://DirectAthletics.com) and [TFRRS.org](http://TFRRS.org) websites after the conclusion of the meet.

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

**Implement Weigh-In:** 9:00 am – 9:30 am

**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 topnine competitors will advance to the finals and receive an additional 3 attempts.

**Time Schedule:** We will stay on time with the event schedule. **It is possible that there may be changes to the schedule following the meet entry (due to numbers).** If there is an updated schedule, it will be posted by noon, Thursday, February 2<sup>nd</sup>, 2023.