



TRACK & FIELD

# Mesa College Multis Invitational

Mesa Combined Events Schedule & Information  
Thursday, March 16<sup>th</sup> & Friday, March 17<sup>th</sup> 2023  
Mesa Community College  
John D. Riggs Stadium

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## Thursday, March 16<sup>th</sup>, 2023 Day One Multi-Events Schedule

**Decathlon – Men:**  
3:15pm 100 Meters (Final)  
Long Jump (Final)  
Shot Put (Final)  
High Jump (Final)  
400 Meters (Final)

**Heptathlon – Women:**  
3:00pm 100 Meter Hurdles (Final)  
High Jump (Final)  
Shot Put (Final)  
200 Meters (Final)

7:00pm **10,000m Run** *Men and Women combined*

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## Friday, March 17<sup>th</sup>, 2023 Day Two Multi-Events Schedule

**Decathlon – Men:**  
3:00pm 110 Meter Hurdles (Final)  
Discus (Final)  
Pole Vault (Final)  
Javelin (Final)  
1500 Meters (Final)

**Heptathlon – Women:**  
3:15pm Long Jump (Final)  
Javelin (Final)  
800 Meters (Final)

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### **\*\* Meet Information \*\***

- NCAA rules and IAAF Multi-Event scoring tables will be used.
  - Implement certification will be Thursday from 1:00 – 2:00pm.
  - Athlete check-in will take place 1½ hours prior to the start of the event.
  - The athlete must attempt each event (start), or be disqualified from the entire competition.
  - No points will be awarded if an athlete fails to complete an event, although he/she will be allowed to continue in the competition.
  - The meet will start on time and run on a rolling time schedule with a minimum of thirty (30) minutes from event to event.
  - Entry Process: Individuals and teams enter through Direct Athletics via the web link below: <https://www.directathletics.com> Entries will close Tuesday, March 14, 2023 at 11:59pm MST.
  - **Only 1/4" or smaller spikes are allowed at the track & field facility. Spike checks will be required.**
  - Entry Fees: \$45.00 per athlete.
  - Timing/Results: Wingfoot Finish. Live results: [live.wingfootfinish.com](http://live.wingfootfinish.com) Results will be posted on DirectAthletics.com and TFRRS.org websites after the conclusion of the meet.
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