



TRACK & FIELD

Mesa Outdoor Invitational

Meet Schedule and Information
Mesa Community College
John D. Riggs Stadium
Friday, April 14, 2023

Event Schedule:

Start Time	Track Events -
4:30 PM	Women/Men 3000m Steeplechase
5:00 PM	Women/Men 4 X 100m Relay
5:10 PM	Women/Men 1500m Run
5:25 PM	Women 100m Hurdles
5:40 PM	Men 110m Hurdles
5:50 PM	Women/Men 400m Dash
6:10 PM	Women/Men 100m Dash
6:30 PM	Women/Men 800m Run
6:50 PM	Women/Men 400m Hurdles
7:30 PM	Women/Men 200m Dash
7:50 PM	Women & Men Combined 10000m Run
8:45 PM	Women/Men 4 X 400m Relay

Start Time	Field Events -	Start Time	Field Events -
3:00 PM	Women Javelin	3:00 PM	Women Pole Vault
3:00 PM	Men Hammer	3:00 PM	Women Long Jump
4:30 PM	Women Hammer	4:00 PM	Women High Jump
4:30 PM	Men Shot	4:30 PM	Men Long Jump
4:30 PM	Men Javelin	5:00 PM	Men Pole Vault
6:00 PM	Women Shot	5:30 PM	Men High Jump
6:00 PM	Men Discus	6:00 PM	W/M Combined Triple Jump
7:30 PM	Women Discus		

Meet Entry/Fees: Individuals and teams enter through Direct Athletics via the web link below: <https://www.directathletics.com>. Entries will close on Wednesday, April 12, 2023 at 11:59pm MST. Fees are \$200.00 per team, per gender and \$25.00 per unattached individual athlete.

Athletic Trainer: MCC will have an athletic trainer available under the canopy on south end of track.

Time Schedule/Weigh-ins/Spike Checks: We will stay on time with the event schedule. Implement weigh-in 1:30-3:30pm under the stadium. Only pyramid spikes with a max. length of ¼” allowed.

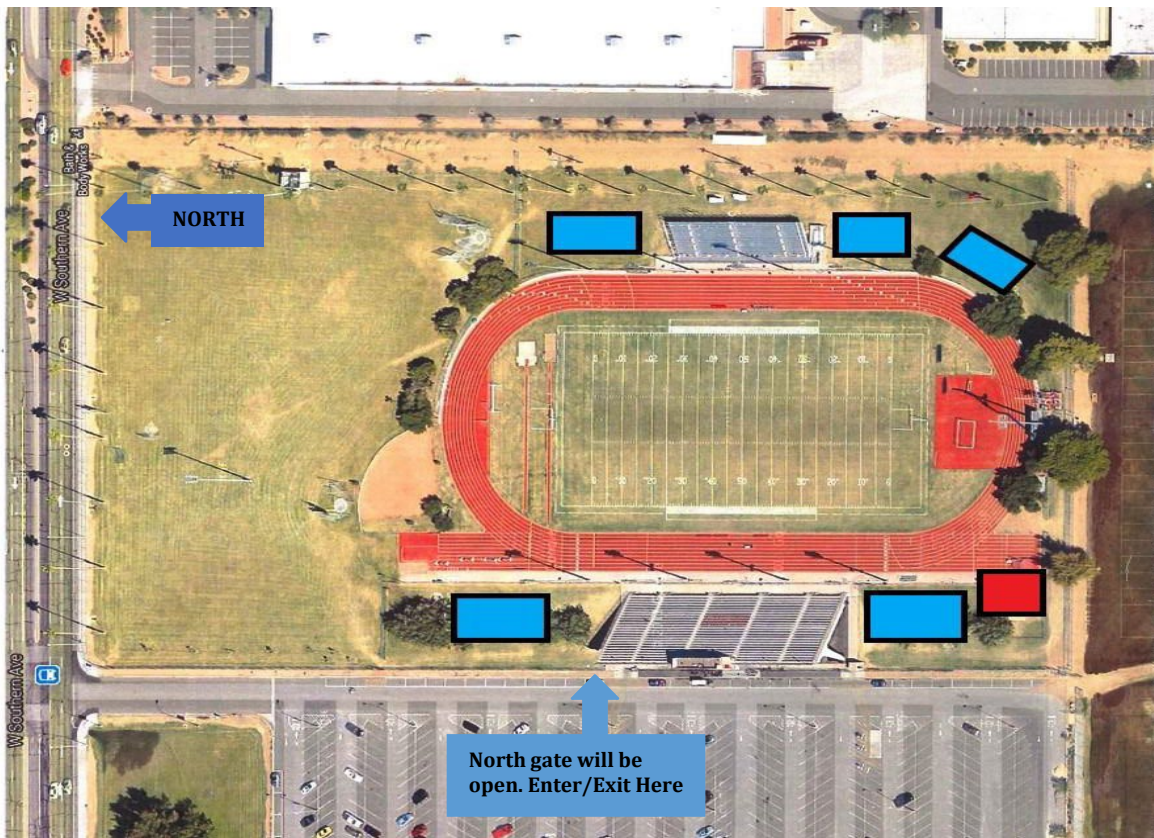
Timing/Results: All timing will be done electronically by *Wingfoot Finish*. Live results can be found at: live.wingfootfinish.com. Results will also be posted on *DirectAthletics.com* and *TFRRS.org* websites after the conclusion of the meet.

Coaches,

Please comply with the procedures listed below:

- Please have your athletes bring their own water bottles. Disposable cups will be provided but should be disposed after one-time use. Grab a new cup for a refill.
- All athletes must have their spikes checked to compete. Only pyramid spikes with a maximum length of 1/4" will be allowed.
- All athletes and coaches are to stay clear of the finish area **and** the entire infield grass area next to lane one throughout the meet.

Please note the map below indicating designated team camp areas (**blue**) and athletic training area (**red**). Bleacher areas can also be used as designated team camp areas:



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