

# Puma Indoor Track & Field Meet

*Friday-Saturday, January 26<sup>th</sup>-27<sup>th</sup>, 2018*



**Meet Info:** Paradise Valley Community College will host the Twelfth Annual Puma Indoor Invitational track and field meet on Friday, January 26<sup>th</sup>, and Saturday, January 27<sup>th</sup>, 2018, at Paradise Valley Community College. This meet will host indoor events on PV's outdoor facility. **This meet will also include the indoor Multi-Events.**

**Meet entry through DirectAthletics:**

All athletes should be entered through DirectAthletics at [directathletics.com](https://www.directathletics.com) (<https://www.directathletics.com/meets/track/53044.html>). Meet entry will close Thursday, January 25<sup>th</sup>, 2018, at 11:59 P.M. Any changes to meet entries, after January 25<sup>th</sup>, must be approved by David Barney or Brian Batliner.

**Entry Fees:** Individuals- \$25.00 per athlete (paid through DirectAthletics)  
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

**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 DirectAthletics and TFRS.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

# Puma Indoor Invitational



Friday, January 26<sup>th</sup>, 2018

## Multi-Events: Day One

1:00 Women's Pentathlon 60m Hurdles

1:20 Men's Heptathlon 60m

1:45 Women's Pentathlon HJ

2:00 Men's Heptathlon LJ

3:15 Women's Pentathlon SP

3:30 Men's Heptathlon SP

4:15 Women's Pentathlon LJ

4:45 Men's Heptathlon HJ

5:15 Women's Pentathlon 800m

Start times are approximate based on rolling multi-events

# Puma Indoor Invitational



Saturday, January 27<sup>th</sup>, 2018

## Running Events/ Multi-Events Day Two:

9:00am Men's Heptathlon 60m hurdles

9:40am Men's Heptathlon Pole Vault

10:00am 5,000m(Combined)

10:30am Distance Medley (W/M) (1200-400-800-1600)

11:00am 4 x 800m(W/M)

11:25am 60m Hurdles(W/M)

11:40am Men's Heptathlon 1000m

11:50am Mile run(W/M)

12:10pm 600m(W/M)

12:25pm 60m Dash(W/M)

12:45pm 400m(W/M)

12:45pm 200M (*Report Call @ Finish Line Tent. Event re-seeded for final*)

1:05pm 800m(W/M)

1:20pm 200m(W/M)

2:00pm 1000m(W/M)

2:10pm 3000m(W/M)-(may be combined depending on entries)

2:35pm 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:**

11:30 Pole Vault/ Women followed by Men  
11:30 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)

**Vertical Jumps Height Progressions:**

High Jump:

Women's progression

1.36/4-5½ - 1.41/4-7½ - 1.46/4-9½ - 1.51/4-11½ - 1.56/5-1½ - **1.61/5-3½**  
1.66/5-5½ - 1.71/5-7½ - 1.76/5-9½...

Men's progression

1.65/5-5 - 1.70/5-7 - 1.75/5-9 - 1.80/5-11 - 1.85/6-1 - 1.90/6-3 - 1.95/6-5  
**2.00/6-6½** - 2.05/6-8½ - 2.10/6-10½ - 2.15/7-0½...

Pole Vault:

Women's progression

2.60/8-6½ - 2.75/9-0½ - 2.90/9-6 - **3.05/10-0** - 3.20/10-6 3.35/11-0 -  
3.50/11-6 - 3.65/11-11½ - 3.75/12-3½ - 3.85/12-7½  
3.90/12-9½...

Men's progression

3.75/12-3½ - 3.90/12-9½ - 4.05/13-3½ - 4.20/13-9½ - **4.35/14-3½**  
4.50/14-9 - 4.65/15-3 - 4.80/15-9 - 4.90/16-¾ - 5.00/16-4¾  
5.10/16-8¾ ...