

# ACCAC Championships Track & Field Meet



*Saturday, March 31st, 2018*

**Meet Info:** Paradise Valley Community College will host the ACCAC Conference Championships on Saturday, March 31, 2017, at Paradise Valley Community College. This meet will be a scored meet between the member programs of the ACCAC: Paradise Valley CC, Mesa CC, Glendale CC, Central Arizona College, and

**Meet entry through DirectAthletics:**

All athletes should be entered through DirectAthletics at [directathletics.com](http://directathletics.com) (<https://www.directathletics.com/meets/track/53668.html>). Meet entry will close Thursday, March 29<sup>th</sup>, 2017, at 11:59 P.M. There will be no late entries for this meet!

**Entry Fees:** \$125.00 per team, per gender

**Timing:** All timing will be done electronically by Wingfoot Finish.

**Entry List and Heat Sheets:**

Meet entries and heat sheets will be posted to the Region I Track and Field website prior to the meet: (<http://regiononecctf.com/tfnnews.html>)

**Results:** Results will be posted on DirectAthletics and TFRRS.org, as well as on the Region I website. Live results can be followed at [live.wingfootfinish.com](http://live.wingfootfinish.com)

**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.

**Time Schedule:** We will stay on time with the event schedule,

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## **Field Events:**

10:00 AM HAMMER (Women)  
10:00 AM JAVELIN (Men)  
10:00 AM POLE VAULT (Women)  
10:00 AM LONG JUMP (Men's and Women's separate pits)  
11:00 AM JAVELIN (Women)  
11:30 AM HAMMER (Men)  
11:30 AM POLE VAULT (Men)  
11:00 AM HIGH JUMP (Women followed by Men)  
11:30 AM SHOT PUT (Women)  
12:00 PM DISCUS (Men)  
12:00 PM TRIPLE JUMP (Men's and Women's separate pits)  
1:00 PM DISCUS (Women)  
1:00 PM SHOT PUT (Men)

## **Track Events:**

10:30 AM 3000m STEEPLECHASE (W)  
10:45 AM 3000m STEEPLECHASE (M)  
11:00 AM 4X100 RELAY (W)  
11:05 AM 4X100 RELAY (M)  
11:15 AM 1500 (W)  
11:25 AM 1500 (M)  
11:40 AM 100 HURDLES (W)  
11:50 AM 110 HURDLES (M)  
12:00 PM 400 (W)  
12:10 PM 400 (M)  
12:20 PM 100 (W)  
12:30 PM 100 (M)  
12:40 PM 800 (W)  
12:50 PM 800 (M)  
1:00 PM 400 HURDLES (W)  
1:10 PM 400 HURDLES (M)  
1:20 PM 200 (W)  
1:30 PM 200 (M)  
1:45 PM 5000 Meters (W)  
2:10 PM 5000 Meters (M)  
2:30 PM 4X400 RELAY (W)  
2:40 PM 4X400 RELAY (M)

High Jump:

Men's progression

1.68/5-6 – 1.73/5-8 – 1.78/5-10 – 1.83/6-0 – 1.88/6-2 – 1.93/6-4 – 1.98/6-6  
2.03/6-8 – 2.08/6-10 – 2.13/7-0 – 2.18/7-2

Women's progression

1.38/4-6½ – 1.43/4-8½ – 1.48/4-10½ – 1.53/5-0 – 1.58/5-0 – 1.63/5-2  
1.68/5-6 – 1.73/5-8 – 1.78/5-10

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

3.70/12-1½ – 3.85/12-7½ – 4.00/13-1½ – 4.15/13-7½ – 4.30/14-1½  
4.45/14-7 – 4.60/15-1 – 4.75/15-7 – 4.90/16-¾ – 5.00/16-4¾  
5.10/16-8¾ ...