

2008 ACCAC Pima Conference Meet
Hosted By Paradise Valley
Pima vs. Paradise Valley, Mesa, Scottsdale

April 19, 2008

Start Time Field Events

10:00 AM HAMMER (W followed by M)
10:45 AM JAVELIN (M followed by W)
10:15 AM POLE VAULT (W followed by M)
10:15 AM LONG JUMP (Open Pit until 11:15)
10:45 AM HIGH JUMP (W followed by M)
11:00 AM SHOT PUT (W followed by M)
11:00 PM DISCUS (M followed by W)
11:20 PM TRIPLE JUMP (Open Pit until 12:20)

Start Time Running Events

10:00 AM STEEPLECHASE (W)
10:15 AM STEEPLECHASE (M)
10:30 AM 4X100 RELAY (W)
10:35 AM 4X100 RELAY (M)
10:40 AM 1500 (W)
10:50 AM 1500 (M)
11:00 AM 100 HURDLES
11:10 AM 110 HURDLES
11:20 AM 400 (W)
11:25 AM 400 (M)
11:30 AM 100 (W)
11:40 AM 100 (M)
11:50 AM 800 (W)
11:55 AM 800 (M)
12:05 PM 400 HURDLES (W)
12:10 PM 400 HURDLES (M)
12:20 PM 200 (W)
12:25 PM 200 (M)
12:30 PM 5000 (W&M)
12:55 PM 4X400 RELAY (W)
1:05 PM 4X400 RELAY (M)

High Jump Progression:

Men

1.70/5-7 – 1.75/5-8³/₄ – 1.80/5-10³/₄ – 1.85/6-0³/₄ – 1.90/6-2³/₄ – 1.95/6-4³/₄ – **2.00/6-6³/₄** –
2.05/6-8³/₄ – 2.10/6-10³/₄

Women

1.35/4-5 – 1.40/4-7 – 1.45/4-9 – 1.50/4-11 – 1.55/5-1 – **1.60/5-3** – 1.65/5-5 – 1.70/5-7
1.75/5-8³/₄

Pole Vault Progression:

Women

2.27/7-5¹/₄ – 2.47/8-1¹/₄ – 2.67/8-9 – 2.82/9-3 – **2.97/9-9** – 3.12/10-2³/₄ – 3.27/10-8³/₄ – 3.42/11-2¹/₂
3.57/11-8¹/₂ – 3.72/12-2¹/₂ – 3.82/12-6¹/₄ – 3.92/12-10¹/₄ – 4.02/13-2¹/₄

Men

3.64/11-11¹/₄ – 3.84/12-7¹/₄ – 4.04/13-3 – 4.24/13-11 – 4.39/14-4³/₄ – **4.54/14-10³/₄**
4.69/15-4¹/₂ – 4.84/15-10¹/₂ – 4.94/16-2¹/₂ – 5.04/16-6¹/₂