



Puma Indoor Invite

January 23 & 24, 2009

Meet Info:

We will be running the fifth annual Puma Indoor Invite (1/23-24/09) at Paradise Valley Community College.

Meet entry is done through DirectAthletics:

Meet entry will close 01/20/09 11:59 PM. Any changes to the meet entries after the 20th must be approved by Todd Lehman, Dave Barney, or Fred Moore.
<http://www.directathletics.com/meets/track/10758.html>

Entry Fees:

Individuals - \$20.00 / athlete (must be paid on DirectAthletics)
Teams - \$100.00 / team / gender (optional payment through DA)
(Unattached athletes entered by schools will need to pay entry fees at the finish-line tent prior to competing.)

Timing:

All timing will be done electronically, with back-up hand timing.

Entry list and Heat Sheets:

We will post meet entries and heat sheets by Friday 1/22/09 at the Region I track and field website.
<http://www.maricopa.edu/cctf/tnfnews.html>

Results:

Results will be posted on DirectAthletics as well as on the Region I website.

Multi Events Friday/Saturday:

We will stage the Indoor Pentathlon for women and day one of the men's Indoor Heptathlon on Friday 1/23/09. Day two of the men's Heptathlon will be built into the meet schedule on Saturday 1/24/09. See attached schedules.

Number of jumps/throws:

Athletes in the horizontal jumps and throwing events will each receive a minimum of three jumps. The top nine athletes after the first three rounds will move on to the finals for an additional three attempts.

Athletic Trainer:

PVCC will have an Athletic Trainer on site, however we ask that if your athletes need taping that they bring their own supplies.

Time Schedule:

We will stay on time with the posted event schedule.



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January 23rd, 2009: 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

January 24th, 2009: Running Events

10:00	Men's Heptathlon 60m Hurdles
10:40	Men's Heptathlon Pole Vault (North Runway)
11:00	10,000m(M/W)
<i>(All 10,000 competitors will be removed from the track by 11:55 a.m.)</i>	
12:00	Distance Medley(W/M) (1200-400-800-1600)
12:30	4 x 800m(W/M)
1:00	60 Hurdles(W/M)
1:15	1500m(W/M)
1:35	Men's Heptathlon 1000m
1:40	600m(W/M)
1:50	60m Dash(W/M)
2:20	400m(W/M)
2:25	200M <i>(Report Call @ Finish Line. Event re-seeded for final)</i>
2:40	800m(W/M)
3:00	200m(W/M)
3:20	1000m(W/M)
3:35	3000m(W/M)
4:15	4 x 400m(W/M)

Throws:

11:00 Weight throw	Combined Men and Women
12:00 Shot Put	Women followed by Men

Vertical Jumps:

11:00 Pole Vault:	Women followed by Men
12:30 High Jump:	Women followed by Men

Horizontal Jumps:

11:00-12:00 Long jump	Combined Men and Women - open pit
1:30-2:30 Triple jump	Combined Men and Women - open pit



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Vertical Jumps Height Progressions:

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 – 2.08/6-9³/₄

Women's progression

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:

Women's progression

2.36/7-8³/₄ – 2.51/8-2³/₄ – 2.66/8-8³/₄ – **2.81/9-2¹/₂** – 2.96/9-8¹/₂
3.11/10-2¹/₂ – 3.26/10-8¹/₄ – 3.41/11-2¹/₄ – 3.66/12-0 – 3.76/12-4
3.86/12-8...

Men's progression

3.67/12-0¹/₂ – 3.82/12-6¹/₄ – 3.97/13-0¹/₄ – 4.12/13-6¹/₄ – **4.27/14-0**
4.42/14-6 – 4.57/15-0 – 4.72/15-5³/₄ – 4.87/15-11³/₄ – 4.97/16-3¹/₂
5.07/16-7¹/₂ ...

BOLD signifies NJCAA Indoor Championships qualifying mark.