



Puma Indoor #1

Saturday
January 21, 2012

Meet Info:

We will be running the seventh annual Puma Indoor #1 (1/21/2012) at Paradise Valley Community College.

Meet entry is done through DirectAthletics:

Meet entry will close 01/17/12, 11:59 PM. Any changes to the meet entries after the 17th must be approved by Todd Lehman, Dave Barney, or Fred Moore.
NO DAY OF MEET ENTRY under any circumstances.

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 1/20/2012 at the Region I track and field website.
<http://www.maricopa.edu/cctf/tfnnews.html>

Results:

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

Number of jumps/throws:

Athletes in the horizontal jumps and throwing events will each receive a minimum of three attempts. All athletes with at least one fair attempt in their first three attempts, will receive 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.



Puma Indoor # 2

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January 21, 2012: Running Events

- 10:00 5,000m(M/W)
(All 5,000 competitors will be removed from the track by 10:25 a.m.)
10:30 Distance Medley(W/M) (1200-400-800-1600)
11:00 4 x 800m(W/M)
11:30 60 Hurdles(W/M)
11:45 1500m(W/M)
12:00 600m(W/M)
12:10 60m Dash(W/M)
12:30 400m(W/M)
12:35 *200M (Report Call @ Finish Line. Event re-seeded for final)*
12:50 800m(W/M)
1:10 200m(W/M)
1:30 1000m(W/M)
1:40 3000m(W/M)
2:00 4 x 400m(W/M)

Throws:

- 10:00 Weight throw Combined Men and Women
11:00 Shot Put Women followed by Men

Vertical Jumps:

- 10:00 Pole Vault: Women followed by Men
11:30 High Jump: Women followed by Men

Horizontal Jumps:

- 10:00-11:00 Long jump Combined Men and Women - open pit
11:30-12:30 Triple jump Combined Men and Women - open pit



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Vertical Jumps Height Progressions:

High Jump:

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

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 – 1.75/5-8¾

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 ...

BOLD signifies 2012 NJCAA Indoor Championships qualifying mark.