



PVCC Indoor #2 & Multi-Event

Friday/Saturday
January 27 - 28, 2012

Meet Info:

We will be running the seventh annual PVCC Indoor & Multi-Event Invite (1/27-28, 2012) at Paradise Valley Community College.

Meet entry is done through DirectAthletics:

Meet entry will close Tuesday, 01/24/12, 11:59 PM. Any changes to the meet entries after the 24th 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 1/27/12 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 1/27/12. Day two of the men's Heptathlon will be built into the meet schedule on Saturday 1/28/12. See attached schedules.

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 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.



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January 27, 2012: 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.

January 28, 2012: Running Events

9:00	Men's Heptathlon 60m Hurdles
9:40	Men's Heptathlon Pole Vault (North Runway)
10:00	5,000m(M/W combined)
<i>All 5,000 competitors will be removed from the track by 10:25 a.m.)</i>	
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)
12:05	Men's Heptathlon 1000m
12:10	600m(W/M)
12:20	60m Dash(W/M)
12:40	400m(W/M)
12:45	200M (Report Call @ Finish Line. Event re-seeded for final)
1:00	800m(W/M)
1:20	200m(W/M)
1:40	1000m(W/M)
1:50	3000m(W/M combined)
2:10	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
1:00-2:00	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.