

Pima Aztec Invitational Track & Field Meet

Saturday, February 4th, 2012



Meet Info:

The Pima Aztec Track and Field Invitational will be run on Saturday, February 4th from 11:00 AM to 4:30 PM.

Meet entries are being accepted at www.directathletics.com

Meet entries close on Wednesday February 1st at 11:59 PM. Any changes to the meet entries after the 4th must be approved by Greg Wenneborg.

Entry Fees:

Individuals - **\$10.00 / athlete**

Teams - \$100.00 / team / gender

(Unattached athletes entered by schools will need to pay entry fees at the packet pick-up tent prior to competing.)

Timing:

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

Entry list and Heat Sheets:

Please see the Region I Track and Field website.

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 jumps. The top nine athletes after the first three rounds will move on to the finals for an additional three attempts.

Athletic Trainer:

Pima Community College 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 try to stay on schedule, but may see some minor delays.

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Running Events

11:00 5000 Meter Run - Community/College/Open - Combined Men and Women
11:30 Distance Medley(W/M) (1200-400-800-1600)
12:00 60m Hurdles(W/M)
12:15 Mile Run(W/M)
12:35 600m(W/M)
12:45 60m Dash(W/M)
1:15 400m(W/M)
1:30 Seeding for 200 meters
1:50 800m(W/M)
2:10 200m(W/M)
2:30 Women's Pentathlon 800 meters
2:35 1000m(W/M)
2:55 3000m(W/M)
3:30 4 x 400m(W/M)

Throws:

11:00 Javelin – Combined Men and Women
12:15 Women's Shot Put
1:15 Men's Shot Put
2:00 Weight throw Combined Men and Women

Vertical Jumps:

12:00 Pole Vault: Women followed by Men
1:30 High Jump: Women followed by Men

Horizontal Jumps:

12:00 -1:30 Long jump Combined Men and Women - open pit
2:30-3:20 Triple jump Combined Men and Women - open pit

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Vertical Jumps Height Progressions:

High Jump:

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

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 **2.00/6-6¹/₂** – 2.05/6-8¹/₂

Pole Vault:

Women's progression

2.60/8-6¹/₄ – 2.75/9-0¹/₄ – 2.90/9-5³/₄ – **3.05/9-11³/₄** – 3.20/10-5³/₄
3.35/10-11³/₄ – 3.50/10-5³/₄ – 3.65/11-11¹/₄ – 3.75/12-3¹/₄ – 3.85/12-7¹/₄
3.95/12-11¹/₄ ...

Men's progression

3.75/12-3¹/₄ – 3.90/12-9¹/₄ – 4.05/13-3¹/₄ – 4.20/13-9 – **4.35/14-3**
4.50/14-9 – 4.65/15-2³/₄ – 4.80/15-8³/₄ – 4.95/16-2¹/₂ – 5.05/16-6¹/₂
5.15/16-10¹/₂ ...

BOLD signifies NJCAA Indoor Championships qualifying mark.