



PVCC Outdoor

March 29-31, 2012
Thursday, Friday, & Saturday

Meet Info:

We will be running the Eighth Annual Puma Outdoor Invite at Paradise Valley Community College. We will have a Thursday evening "Distance-in-the-Dark" session, as well as a multi-event (Dec/Hep) that will span Thursday and Friday. The remainder of the open events will take place Saturday.

Meet entry is done through DirectAthletics:

Meet entry will close 03/27/12 11:59 PM. Any changes to the meet entries after the 27th 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. (Multi-events will be hand timed.)

Results:

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

Jumping and Throwing events:

Athletes in the horizontal jumps and throwing events will be broken up into flights and will each receive a minimum of three attempts. The top nine competitors will advance to the finals and receive an additional 3 attempts.

Combined Events: Friday/Saturday:

We will stage day one of the Decathlon and on Thursday 3/29/12. Starting times are 1:00 pm (Decathlon) and 1:15 pm (Heptathlon) and will be on a rolling schedule from there.

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.



PVCC Outdoor

March 29-31, 2012
Thursday, Friday, & Saturday

Thursday, March 29

START TIME

1:00 PM
1:15 PM
6:00 PM
6:15 PM
6:30 PM
6:45 PM
7: 00 PM
7: 25 PM

TRACK EVENTS

Decathlon 100m - Rolling schedule from there
Heptathlon 100m Hurdles – Rolling schedule from there
4 x 800m (W)
4 x 800m (M)
3000m STEEPLE CHASE (W)
3000m STEEPLE CHASE (M)
5000m (W/M Combined)
10000m (W/M Combined)

Friday, March 30

START TIME

1:00 PM
1:15 PM

EVENTS

Decathlon 110m Hurdles - Rolling schedule from there
Heptathlon Long Jump – Rolling schedule from there

Saturday, March 31

START TIME

9:00 AM
9:00 AM
10:00 AM
10:00 AM
10:00 AM
10:00 AM
11:00 AM
11:00 AM
11:00 AM
11:00 AM
11:30 AM
12:00 PM
12:00 PM

FIELD EVENTS

HAMMER (women)
JAVELIN (men)
POLE VAULT (W followed by M)
LONG JUMP (Men's and Women's separate pits)
JAVELIN (women)
HAMMER (men)
HIGH JUMP (W followed by M)
SHOT PUT (women)
DISCUS (men)
TRIPLE JUMP (Men's and Women's separate pits)
DISCUS (women)
SHOT PUT (men)

START TIME

10:00 AM
10:10 AM
10:15 AM
10:25 AM
10:35 AM
10:45 AM
10:55 AM
11:05 AM
11:15 AM
11:25 AM
11:35 AM
11:45 AM
12:00 PM
12:10 PM
12:20 PM
12:35 PM
12:50 PM
12:55 PM

TRACK EVENTS

4X100 RELAY (W)
4X100 RELAY (M)
1500 (W)
1500 (M)
100 HURDLES
110 HURDLES
400 (W)
400 (M)
100 (W)
100 (M)
800 (W)
800 (M)
400 HURDLES (W)
400 HURDLES (M)
200 (W)
200 (M)
4X400 RELAY (W)
4X400 RELAY (M)



PVCC Outdoor

March 29-31, 2012
Thursday, Friday, & Saturday

High Jump Progression:

Men followed by women

Men

1.72/5-7½ - 1.77/5-9½ - 1.82/5-11½ - 1.87/6-1½ - 1.92/6-3½ - 1.97/6-5½ - **2.02/6-7½** - 2.06/6-9
2.12/6-11½ - 2.17/7-1½ + 5cm

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 - 1.75/5-8¾
+ 5cm

Pole Vault Progression:

Women followed by men

Women

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 + 10cm.

Men

3.79/12-5 - 3.94/12-11 - 4.09/13-5 - 4.24/13-11 - 4.39/14-5 - **4.54/14-10½** - 4.69/15-4½ - 4.84/15-10½
4.94/16-2½ - 5.04/16-6½ - 5.14/16-10½ + 10cm.

BOLD signifies 2012 NJCAA Outdoor Championships qualifying mark.