



# PVCC Outdoor Invite

April 2-4, 2009

## Meet Info:

We will be running the fifth annual Puma Outdoor Invite at Paradise Valley Community College.

## Meet entry is done through DirectAthletics:

Meet entry will close 03/31/09 11:59 PM. Any changes to the meet entries after the 31<sup>st</sup> must be approved by Todd Lehman, Dave Barney, or Fred Moore.

**NO DAY OF MEET ENTRY under any circumstances.**

<http://www.directathletics.com/meets/track/12183.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. (Multi-events will be hand timed.)

## Results:

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

## Number of jumps/throws:

Athletes in the horizontal jumps will each get six jumps as long as the athlete has a fair mark in the first three rounds. Throwers will each receive a minimum of three attempts. 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.



# PVCC Outdoor Invite

April 2-4, 2009

## Thursday, April 2<sup>nd</sup>

### 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  
7: 35 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)  
5000m (M)  
10000m (W&M Combined)

## Friday, April 3<sup>rd</sup>

### START TIME

1:00 PM  
1:15 PM

### TRACK EVENTS

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

## Saturday, April 5<sup>th</sup>

### START TIME

9:00 AM  
9:00 AM  
10:00 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 (Open Pit until 11:00 a.m.)  
JAVELIN (women)  
HAMMER (men)  
HIGH JUMP (W followed by M)  
SHOT PUT (women)  
DISCUS (men)  
TRIPLE JUMP (Open Pit until 12:30 p.m.)  
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

### 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)



# PVCC Outdoor Invite

April 2-4, 2009

## High Jump Progression:

Men followed by women

### Men

1.70/5-7 – 1.75/5-8<sup>3</sup>/<sub>4</sub> – 1.80/5-10<sup>3</sup>/<sub>4</sub> – 1.85/6-0<sup>3</sup>/<sub>4</sub> – 1.90/6-2<sup>3</sup>/<sub>4</sub> – 1.95/6-4<sup>3</sup>/<sub>4</sub> – **2.00/6-6<sup>3</sup>/<sub>4</sub>** –  
2.05/6-8<sup>3</sup>/<sub>4</sub> – 2.10/6-10<sup>3</sup>/<sub>4</sub>

### 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  
1.75/5-8<sup>3</sup>/<sub>4</sub>

## Pole Vault Progression:

Women followed by men

### Women

2.41/7-10<sup>3</sup>/<sub>4</sub> – 2.56/8-4<sup>3</sup>/<sub>4</sub> – 2.71/8-10<sup>3</sup>/<sub>4</sub> – 2.86/9-4<sup>1</sup>/<sub>2</sub> – **3.01/9-10<sup>1</sup>/<sub>2</sub>** – 3.16/10-4<sup>1</sup>/<sub>4</sub> –  
3.31/10-10<sup>1</sup>/<sub>4</sub> – 3.46/11-4 <sup>1</sup>/<sub>4</sub> – 3.61/11-10 – 3.71/12-2 – 3.81/12-6 + 10cm

### Men

3.70/12-1<sup>1</sup>/<sub>2</sub> – 3.90/12-9<sup>1</sup>/<sub>2</sub> – 4.05/13-3<sup>1</sup>/<sub>2</sub> – 4.20/13-9<sup>1</sup>/<sub>4</sub> – 4.35/14-3<sup>1</sup>/<sub>4</sub> – **4.50/14-9**  
4.65/15-3 – 4.80/15-9 – 4.90/16-<sup>3</sup>/<sub>4</sub> – 5.00/16-4<sup>3</sup>/<sub>4</sub> – 5.10/16-8<sup>3</sup>/<sub>4</sub> + 10cm.

**BOLD signifies NJCAA Indoor Championships qualifying mark.**