

Gaicho Indoor Invitational

**Saturday, February 1st, 2020

Running Events:

- 10:00am M/W 5000m
- 10:30am W/M 4x800m
- 10:45am W/M 60m Hurdles Final
- 11:00 W/M Mile Run
- 11:45am W/M 600m Run
- 12:00pm W/M 60m Dash Final
- 12:30pm W/M 400m Run
- 1:00pm W/M 800m Run
- 1:15pm W/M 200m Run
- 1:45pm W/M 1000m Run
- 2:05pm W/M 3000m Run
- 2:30pm W/M 4 X 400m Run

Field Events:

Throws:

- 10:00am Weight throw- Men
- 10:00am Shot Put- Women
- 11:30am Weight throw- Women
- 11:30am Shot Put- Men

Vertical Jumps:

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

Horizontal Jumps:

- 10:00am Long Jump followed by Triple Jump (Women) (South Pit)
- 10:00am Long Jump followed by Triple Jump (Men) (North Pit)

Individuals and teams can enter through Direct Athletics via the following link:

<https://www.directathletics.com>

Entries will close Wednesday January 29th, 2020 at 11:59 PM MST

Entry Fees:

Unattached - \$25.00 per Individual (CANCELLED) Multi-events - \$25.00 per Individual Teams - \$200 per gender

High Jump:

Women's progression

1.36/4-51/2 – 1.41/4-71/2 – 1.46/4-91/2 – 1.51/4-111/2 – 1.56/5-11/2 – 1.61/5-31/2 1.66/5-51/2 -
1.71/5-71/2 – 1.76/5-91/2...

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 -
2.10/6-101/2 - 2.15/7-01/2...

Pole Vault:

Women's progression

2.60/8-61/2 – 2.75/9-01/2 – 2.90/9-6 – 3.05/10-0 – 3.20/10-6 3.35/11-0 – 3.50/11-6 – 3.65/11-111/2 –
3.75/12-31/2 – 3.85/12-71/2
3.90/12-91/2...

Men's progression

3.75/12-31/2 – 3.90/12-91/2 – 4.05/13-31/2 – 4.20/13-91/2 – 4.35/14-31/2 4.50/14-9 – 4.65/15-3 –
4.80/15-9 – 4.90/16-3/4 – 5.00/16-43/4 5.10/16-83/4 ...

NJCAA INDOOR TRACK & FIELD QUALIFYING STANDARDS

Women's: 60m- 7.83 60mH- 9.15 200m- 25.11 400m- 58.59 600m- 1:39.40 800m- 2:24.39 1000m-
3:10.86 Mile-5:21.69 3000m- 10:53.74 5000m- 19:06.41-HJ- 1.61m LJ- 5.40m TJ- 11.03m PV- 3.09m SP-
12:30m WT- 14.88m-4x400m- 4:04.57 4x800m- 10:04.27 DMR- 13:18.32

Men's: 60m- 6.87 60mH- 8.43 200m- 21.89 400m- 49.22 600m- 1:21.91 800m- 1:58.06 1000m- 2:34.93
Mile- 4:23.93 -3000m- 8:50.65 5000m- 15:28.33HJ- 2.00m LJ- 7.05m TJ- 14.29m PV- 4.31m SP- 14.92m
WT- 15.30m-4x400m- 3:20.78 -4x800m- 7:59.28 -DMR- 10:33.66