



# CAC Indoor Invitational *Track & Field Meet*

Friday, February 5, 2022

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10:00am	60m Hurdles Prelims(W/M)
10:20am	Distance Medley (W/M) (1200-400-800-1600)
10:45am	60m Dash Prelims(W/M)
11:15am	Mile run(W/M)
11:30am	60m Hurdles Final(W/M)
11:45am	600m(W/M)
12:00pm	60m Dash Final(W/M)
12:10pm	400m(W/M)
12:20pm	200M ( <i>Report Call @ Finish Line Tent. Event re-seeded for final</i> )
12:40pm	800m(W/M)
12:55pm	200m(W/M)
1:20pm	1000m(W/M)
1:30pm	3000m(W/M) (may be combined depending on entries)
1:55pm	4 x 400m(W/M)

## Field Events:

10:00 am	Weight Throw (M)
10:00 am	Shot Put(W)
10:00 am	Pole Vault (Men followed by Women)
10:00 am	Long Jump (M/W)
10:00 am	High Jump (Men will follow Women)
11:30 am	Triple Jump (M/W)
11:30 am	Weight Throw (W)
11:30 am	Shot Put (M)



# CAC Indoor Invitational

Saturday, February 5<sup>th</sup>, 2022

**Entry Process:** Individuals and teams enter through Direct Athletics via the web link below: <https://www.directathletics.com> Entries will close Thursday, February 3<sup>rd</sup>, 2022 at 11:59pm MST. Any changes to meet entries, after February 3<sup>rd</sup>, must be approved by Andrew Wood.

**Entry Fees:** Unattached \$25.00 per Individual. Teams \$200.00 per gender.  
(Teams and unattached athletes who do not pay through DA will need to pay entry fees at the track entry tent prior to competing)

**Timing/Results:** *Wingfoot Finish*. Live results: [live.wingfootfinish.com](http://live.wingfootfinish.com). Results will be posted on [DirectAthletics.com](http://DirectAthletics.com) and [TFRRS.org](http://TFRRS.org) websites after the conclusion of the meet.

**Athletic Trainer:** CAC will have an Athletic Trainer on-site, however, we ask that if your athletes need taping, they bring their own supplies.

**Implement Weigh-In:** 9:00 am – 9:30 am

**Number of Jumps/Throws:** Athletes in the horizontal jumps and throwing events will be divided 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.

**Time Schedule:** We will stay on time with the event schedule. **It is possible that there may be changes to the schedule following meet entry (due to numbers).** If there is an updated schedule, it will be posted by noon, Friday, February 4<sup>th</sup>.