

# Paradise Valley Indoor Invitational *Track & Field Meet*



*Saturday, February 13<sup>th</sup>, 2021*

**Meet Info:** Paradise Valley Community College will host the Paradise Valley Indoor Invitational track and field meet on Saturday, February 13<sup>th</sup>, 2021, at Paradise Valley Community College. This meet will host indoor events on Paradise Valley's outdoor facility.

**Meet entry through DirectAthletics:**

All athletes should be entered through DirectAthletics at [directathletics.com](http://directathletics.com) (**meet is listed on DirectAthletics as "Paradise Valley Indoor Invitational"**). Meet entry will close Thursday, February 11<sup>th</sup>, 2021, at 11:59 P.M. Unattached athletes, from an ACCAC team, must be entered by emailing Coach Barney at: [dave.barney@paradisevalley.edu](mailto:dave.barney@paradisevalley.edu) prior to the Thursday deadline.

**Entry Fees:** Teams- \$200.00 per team, per gender  
(Teams, and unattached athletes from an ACCAC college, will need to pay entry fees at the stadium entry tent prior to competing)

**Timing:** All timing will be done electronically by *Wingfoot Finish*.

**Results:** Timing and Results services will be provided by *Wingfoot Finish*. Live results can be found at: [live.wingfootfinish.com](http://live.wingfootfinish.com). Results will also be posted on DirectAthletics and TFRS.org, as well as on the Region I website after the conclusion of the meet.

**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.

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

**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 12<sup>th</sup>.

# *PVCC Indoor Invitational*

Saturday, February 13<sup>th</sup>, 2021



## **Running Events:**

|         |   |
|---------|---|
| 9:30am  | 3000m(M)  |
| 10:00am | 60m Hurdles Prelims(W/M)  |
| 10:20am | 5,000m(Combined)  |
| 10:45am | 60m Dash Prelims(W/M)   |
| 11:05am | Distance Medley Relay(W/M)  |
| 11:30am | 60m Hurdles Final(W/M)  |
| 11:40am | Mile run(W/M)   |
| 11:55pm | 600m(W/M)   |
| 12:10pm | 60m Dash Final(W/M)   |
| 12:20pm | 400m(W/M)   |
| 12:30pm | 200M ( <i>Report Call @ Finish Line Tent. Event re-seeded for final</i> ) |
| 12:35pm | 800m(W/M)   |
| 12:45pm | 200m(W/M)   |
| 1:15pm  | 1000m(W/M)  |
| 1:25pm  | 3000m(W)  |
| 1:50pm  | 4 x 400m(W/M)   |

## **Field Events:**

### **Throws:**

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

### **Vertical Jumps:**

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

### **Horizontal Jumps:**

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

## NJCAA INDOOR TRACK & FIELD QUALIFYING STANDARDS

### Women's:

60m- 7.78  
60mH- 9.07  
200m- 25.01  
400m- 58.18  
600m- 1:39.30  
800m- 2:24.33  
1000m- 3:10.86  
Mile-5:21.69  
3000m- 10:53.74  
5000m- 19:06.41

HJ- 1.61m  
LJ- 5.41m  
TJ- 11.03m  
PV- 3.04m  
SP- 12:30m  
WT- 14.88m

4x400m- 4:02.02  
4x800m- 10:04.27  
DMR- 13:18.32

### Men's:

60m- 6.87  
60mH- 8.40  
200m- 21.81  
400m- 48.93  
600m- 1:21.65  
800m- 1:58.06  
1000m- 2:34.61  
Mile- 4:22.17  
3000m- 8:48.29  
5000m- 15:28.33

HJ- 2.00m  
LJ- 7.05m  
TJ- 14.29m  
PV- 4.31m  
SP- 14.92m  
WT- 15.30m

4x400m- 3:19.67  
4x800m- 7:59.28  
DMR- 10:33.66

