

Puma Indoor *Track & Field Meet*

Saturday, January 22nd, 2022



Meet Info: Paradise Valley Community College will host the Sixteenth Annual Puma Indoor Invitational track and field meet on Saturday, January 22nd, 2022, 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. Meet entry will close Thursday, January 20th, 2022, at 11:59 P.M. Any changes to meet entries, after January 20th, must be approved by David Barney.

Entry Fees: Individuals- \$25.00 per athlete (paid through DirectAthletics)
Teams- \$200.00 per team, per gender (optional payment through DA)
(Teams and unattached athletes who do not pay through DA 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. Results will also be posted on DirectAthletics and TFRRS.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, January 21st.**

Puma Indoor Invitational



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Running Events:

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:

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)