



TRACK & FIELD

Mesa College Multis Invitational

Mesa Combined Events Schedule & Information
Thursday, March 16th & Friday, March 17th 2023
Mesa Community College
John D. Riggs Stadium

Thursday, March 16th, 2023 Day One Multi-Events Schedule

Decathlon – Men:
3:15pm 100 Meters (Final)
Long Jump (Final)
Shot Put (Final)
High Jump (Final)
400 Meters (Final)

Heptathlon – Women:
3:00pm 100 Meter Hurdles (Final)
High Jump (Final)
Shot Put (Final)
200 Meters (Final)

7:00pm **10,000m Run** *Men and Women combined*

Friday, March 17th, 2023 Day Two Multi-Events Schedule

Decathlon – Men:
3:00pm 110 Meter Hurdles (Final)
Discus (Final)
Pole Vault (Final)
Javelin (Final)
1500 Meters (Final)

Heptathlon – Women:
3:15pm Long Jump (Final)
Javelin (Final)
800 Meters (Final)

**** Meet Information ****

- NCAA rules and IAAF Multi-Event scoring tables will be used.
 - Implement certification will be Thursday from 1:00 – 2:00pm.
 - Athlete check-in will take place 1½ hours prior to the start of the event.
 - The athlete must attempt each event (start), or be disqualified from the entire competition.
 - No points will be awarded if an athlete fails to complete an event, although he/she will be allowed to continue in the competition.
 - The meet will start on time and run on a rolling time schedule with a minimum of thirty (30) minutes from event to event.
 - Entry Process: Individuals and teams enter through Direct Athletics via the web link below: <https://www.directathletics.com> Entries will close Tuesday, March 14, 2023 at 11:59pm MST.
 - **Only 1/4" or smaller spikes are allowed at the track & field facility. Spike checks will be required.**
 - Entry Fees: \$45.00 per athlete.
 - Timing/Results: Wingfoot Finish. Live results: live.wingfootfinish.com Results will be posted on DirectAthletics.com and TFRRS.org websites after the conclusion of the meet.
-