



CAC Indoor Invitational Track & Field Meet

Friday, February 3rd & Saturday, February 4th, 2023

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Multi-events: Day One

Women start at 12:00 pm

Men start at 1:00 pm

(minimum # of entries required)

Saturday, February 4th, 2023

Running Events:

- 9:15 am Heptathlon 60m Hurdles (M)
- 10:00am 60m Hurdles Prelims(M/W) (Men first in this event only)
- 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 (*Report Call @ Finish Line Tent. Event re-seeded for final*)
- 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)

Multi-event Pole Vault will be held during the open vault at 10:00 am

Multi-event 1000m Run will be inserted into the meet when appropriate

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)



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Entry Process: Individuals and teams enter through Direct Athletics via the web link below: <https://www.directathletics.com> Entries will close Thursday, February 2nd, 2023, at 12:00 pm MST. Any changes to meet entries after February 2nd 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 before competing)

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.

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 topnine 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 the meet entry (due to numbers).** If there is an updated schedule, it will be posted by noon, Thursday, February 2nd, 2023.