

Southwest Series Track & Field Meet #1

At Willow Canyon High School

Sunday, January 23rd, 2022

Meet Info:

The Masters/Open Track & Field Meet #1 will be run on Sunday, January 23rd, 2022 from 12:00 noon to 4:00 PM. **This meet will NOT be USATF Certified.**

Meet entries are being accepted at www.athletic.net.

Meet entries close on Friday, January 21st, 2022 at 5:00 PM. Any changes to the meet entries after the 66th must be approved by meet director Rachel Guest.

Entry Fees:

Individuals - \$25.00 / athlete (5 Events per athlete maximum)

Athletes can pay this entry fee via Venmo or Cash at the check-in tent on the day of the meet prior to competing.

Timing:

All timing will be done electronically, with back-up hand timing.

Field Event Implements:

All athletes will be responsible for bringing their own implements.

Covid-19 Precautions

As Covid infections restrictions continue to evolve, Covid protocols will be implemented as needed. They may include the stipulation that all athletes be expected to wear a protective mask when not warming up or competing and follow social distancing practices while not competing. Spectators ARE ALLOWED at this meet but may be expected to wear a protective mask and follow social distancing practices.

Athletes will be given a wristband upon entry and meet officials and volunteers will receive a different colored wristband at the meet check-in tent.

Meet Volunteers Needed!

If a friend or family member would like to volunteer at the meet, please contact meet director Rachel Guest at fsttrck75@yahoo.com. All volunteers and meet officials will be expected to wear a protective face mask.

Entry list and Heat Sheets:

Please see meet timer's website. www.roadrunnerracetiming.com

Results:

Results will be posted on www.roadrunnerracetiming.com and www.athletic.net.

Number of jumps/throws:

Athletes in the horizontal jumps and throwing events will each receive a minimum of three jumps. The top nine athletes after the first three rounds will move on to the finals for an additional three attempts.

Athletic Trainer:

There will be NO Athletic Trainer on site.

Time Schedule:

We will try to stay on schedule, but may see some minor delays. **We will send an updated schedule after reviewing and seeding entries.**

Willow Canyon USATF Meet – Sunday, January 23rd, 2022 - Tentative Meet Schedule

Running Events:

1:15 Combined Men's and Women's 3000 meter Racewalk
1:45 Combined Men's and Women's 4 x 800m Relay
2:00 60m Hurdles(W/M)
2:15 60m Dash(W/M)
2:25 1500m Run(W/M)
2:35 4 x 100m Relay(W/M)
2:45 400m(W/M)
2:55 800m(W/M)
3:05 200m(W/M)
3:25 5000m (W/M combined)
3:50 4 x 400m(W/M)

Throws:

11:00 Implement weigh in
12:00 Javelin: 1 Flight thrown in the in-field.

1:15 Discus: Flight 1 - By M/F or by Age TBD
1:15 Shot Put: Flight 1 – By M/F or by Age TBD
2:15 Discus: Flight 2 - By M/F or by Age TBD
2:15 Shot Put: Flight 2 – By M/F or by Age TBD
3:15 Weight Throw: Flight 1 followed by flight 2 - By M/F or by Age TBD

Vertical Jumps:

1:00 High Jump: Women followed by Men
2:30 Pole Vault: Women followed by Men

Horizontal Jumps:

2:00-2:45 Long jump Combined Men and Women - open pit
3:00-3:45 Triple jump Combined Men and Women - open pit

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Vertical Jumps Height Progressions:

High Jump: Tentative – May start at lower heights if necessary

Flight 1 Progression

1.30/4-3 - 1.35/4-5¼ - 1.40/4-7¼ - 1.45/4-9 - 1.50/4-11 - 1.55/5-1
- 1.60/5-3 - 1.65/5-5 - 1.70/5-7

Flight 2 Progression

1.50/4-11 - 1.55/5-1 - 1.60/5-3 - 1.65/5-5 - 1.70/5-7 - 1.75/5-8¾ - 1.80/5-10¾
- 1.85/6-0¾ - 1.90/6-2¾ - 1.95/6-4¾ - 2.00/6-6¾ - 2.05/6-8¾

Pole Vault: Tentative – May start at lower heights if necessary

Flight 1 Progression (will be adjusted as needed)

2.00/6-6¾ - 2.15/7-0¾ - 2.30/7-6½ - 2.45/8½ - 2.60/8-6¼ - 2.75/9-¼ -
2.90/9-6¼ - 3.05/10-0 - 3.20/10-6 - 3.35/10-11¾ - 3.50/11-5¾ - 3.65/11-11¾

Flight 2 Progression (will be adjusted as needed)

2.45/8½ - 2.60/8-6¼ - 2.75/9-¼ - 2.90/9-6¼ - 3.05/10-0 - 3.20/10-6 -
3.35/10-11¾ - 3.50/11-5¾ - 3.65/11-11¾ - 3.75/12-3½ - 3.85/12-7½ ...