

Southwest Series Track & Field Meet #2

At Willow Canyon High School

Saturday, April 30th, 2022

Meet Info:

The Southwest Series Open Track & Field Meet #2 will be run on **Saturday, April 30th, 2022 from 9:00 AM to 2:00 PM.** This meet will NOT be USATF Certified.

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

Meet entries close on Thursday, April 28th, 2022 at 8:00 PM. Any changes to the meet entries after the 28th 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.

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.**

Southwest Series T&F Meet #2
Saturday, April 30th, 2022 - Tentative Meet Schedule

Running Events:

10:00 100m/110m Hurdles(W/M)
10:10 100m Dash(W/M)
10:25 1500m Run(W/M)
10:40 4 x 100m Relay(W/M)
10:50 400m(W/M)
11:10 800m(W/M)
11:30 400m Hurdles (W/M)
11:50 200m(W/M)
12:10 5000m (W/M combined)
12:40 4 x 400m(W/M)

Throws:

9:00 Javelin: 1 Flight thrown in the in-field.

10:00 Discus M/W
11:00 Shot Put M/W
12:00 noon Discus M/W
1:00 Weight Throw M/W

Vertical Jumps:

10:00 High Jump: Women followed by Men
10:30 Pole Vault: Women followed by Men

Horizontal Jumps:

10:30-11:30 Long jump Combined Men and Women - open pit
11:45-12:30 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 ...