

# 17th ANNUAL ARIZONA Prep DECATHLON / HEPTATHLON

**Friday, April 6 - Saturday, April 7 - 2007**  
Paradise Valley Community College

ATHLETES NAME \_\_\_\_\_ SCHOOL \_\_\_\_\_  
Coaches / Parents Name \_\_\_\_\_ Phone Number \_\_\_\_\_  
Address \_\_\_\_\_ Fax Number \_\_\_\_\_  
ZIP \_\_\_\_\_ E-Mail \_\_\_\_\_

## APPLICATION FOR INVITATION

**Circle GRADE: 12 11 10 9**

**DECATHLON**

\_\_\_\_\_ Best decathlon point total  
\_\_\_\_\_ Year / Name of meet

Best Marks – 2007 Season / minimum 5 events:  
**Criteria for Invitation:** Marks at or above the 450 point level on any 5 events for total of 2250 pts..

\_\_\_\_\_ 100 M. Dash  
\_\_\_\_\_ Long Jump  
\_\_\_\_\_ Shot Put  
\_\_\_\_\_ High Jump  
\_\_\_\_\_ 400 M. Dash  
\_\_\_\_\_ 110 M. High Hurdles  
\_\_\_\_\_ Discus  
\_\_\_\_\_ Pole Vault  
\_\_\_\_\_ Javelin  
\_\_\_\_\_ 1500 M. Run

**Circle GRADE: 12 11 10 9**

**HEPTATHLON**

\_\_\_\_\_ Best heptathlon point total  
\_\_\_\_\_ Year / Name of meet

Best Marks – 2007 Season / minimum 3 events:  
**Criteria for Invitation:** Marks at or above 450 point level on any 3 events for total of 1350 points

\_\_\_\_\_ 100 M. High Hurdles  
\_\_\_\_\_ High Jump  
\_\_\_\_\_ Shot Put  
\_\_\_\_\_ 200 M. Dash  
\_\_\_\_\_ Long Jump  
\_\_\_\_\_ Javelin  
\_\_\_\_\_ 800 M. Run

**Entry Deadline: April 7**  
**RETURN TO:**  
**MAIL: 3610 W. Sahuaro Dr.**  
**Phoenix 85029**  
**E-MAIL: covolz@cox.net**  
**TYPE ENTRY information in an attachment or message box.**

**Monday, April 3 – Invited Athletes posted on web site !!**

**ENTRY FEE: \$25.00** Sanctioned – Rules of USAT&F.

**NO SCHOOL UNIFORMS**

### Criteria for Invitation

(Source: Gold Book Scoring Tables)

#### DECATHLON

**Criteria for Invite: 450 pt. level – 5 events**

<u>Event</u>	<u>450 point level</u>
100 M. Dash	13.11
Long Jump	17'6"
Shot Put	30'1050"
High Jump	5'2.25"
400 M. Dash	58.95
110 M. Hurdles	18.80
Discus	92'8"
Pole Vault	11'0.75
Javelin	132'11"
1500 M. Run	5:20.10 (1600 converts to 5:54.4)

#### HEPTATHLON

**Criteria for Invite: 450 pt. Level – 3 events**

<u>Event</u>	<u>450 point level</u>
100 M. Hurdles	18.38
High Jump	4'4.75"
Shot Put	28'9.75"
200 M. Dash	30.47
Long Jump	15'0.50"
Javelin	93'9"
800 M. Run	2:51.36

**MANUAL: Preparation, Training, and Strategy for HS Multi-Event Competition**  
Website: [www.eteamz.com/multi-events](http://www.eteamz.com/multi-events)