

20th ANNUAL ARIZONA PREP DECATHLON / HEPTATHLON

Friday, April 10 - Saturday, April 11 - 2009

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 – 2009 Season / minimum 4 events:
 Criteria for Invitation: Marks at or above the 450 point level on any 4 events for total of 2200 pts.

_____ 100 M. Dash	State Marks for ALL events. This will place athletes in correct heat. No mark = slow heat.
_____ Long Jump	
_____ Shot Put	
_____ High Jump	
_____ 400 M. Dash	
_____ 110 M. High Hurdles	
_____ Discus	
_____ Pole Vault	USATF Sanctioned - NO School Uniforms
_____ Javelin	
_____ 1500 M. Run	

Circle GRADE: 12 11 10 9

HEPTATHLON

_____ Best heptathlon point total
 _____ Year / Name of meet

Best Marks – 2009 Season / minimum 3 events:
 Criteria for Invitation: Marks at or above 450 point level on any 3 events for total of 1050 points

_____ 100 M. H. Hurdles	State Marks for ALL events. This will place athletes in correct heat. No mark = slow heat.
_____ High Jump	
_____ Shot Put	
_____ 200 M. Dash	
_____ Long Jump	USATF Sanctioned NO School Uniforms
_____ Javelin	
_____ 800 M. Run	

Entry Deadline: Monday
 RETURN TO: April 6
 MAIL: 3610 W. Sahuaro Dr.
 Phoenix 85029
 E-MAIL: covolz@cox.net
 (TYPE ENTRY information in an attachment or E- Mail note)

Tuesday, April 7 - Invited Athletes posted on web site !!

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

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

Girl's Decathlon: Criteria for Invitation:
 Practiced and/or Competed in 3 or 4 of Listed Events:
Discus – Pole Vault – 400 M. Dash – 1500 M. Run

MANUAL: Preparation, Training, and Strategy for HS Multi-Event Competition
Website: <http://www.azmulti-events.com/>