

21th ANNUAL ARIZONA PREP DECATHLON & HEPTATHLON



WHEN: Friday - April 2 - 2:00 PM
Saturday - April 3 - 2:00 PM, 2010

WHERE Queen Creek High School
22149 E. Ocotillo Queen Creek 85142

WHO: Competition limited to high school age group. Athletes must be member of his or her high school team in good standing.

SANCTIONING: Arizona Prep Multi-Events is a USAT&F sanctioned competition and governed by USAT&F rules.
Athletes will adhere to the AIA rules for unattached competition (Article 14.5.1) **NO SCHOOL UNIFORMS.**

MULTI MEET DOES NOT count as a meet in the HS Track Season: AZ Prep Multi—
Event is governed by rules of USATF competition – SEE Sanctioning (Article 14.5.1)

ENTRY INFORMATION: Participants will be invitation based on 1 of 2 levels:
- Invitation based on past multi-event meet point total
- Invitation based current season times/marks:
1 Jump / 1 Track / 1 Throw... (Decathlon – 3 events) (Heptathlon – 3 events).

MEET ENTRY FEE: \$25 will cover the sanctioning / liability insurance requirements under USAT&F.

Entry <u>Deadline:</u> Monday, March 29 \$25 ENTRY FEE (Fee due at meet registration) (Checks to: Arizona Multi-Events)	RETURN TO: Arizona Multi-Events 3610 W. Sahuaro Dr. Phoenix, AZ 85029 E-Mail: covolz@cox.net
---	---

Tuesday, March 30 - Invited Athletes posted on web site !!

WEB SITE: **Arizona Multi-Events:** <http://www.azmulti-events.com/>

CONTACT FOR INFORMATION: Clyde Volz covolz@cox.net

SCHEDULE

FRIDAY, April 2

<u>Decathlon 2:00</u>	<u>Girl's Decathlon 2:15</u>	<u>Heptathlon 2:30</u>
100 M. Dash	100 M. Dash	100 M. Hurdles
Long Jump	Discus	High Jump
* Shot Put (HS)	Pole Vault	Shot Put
High Jump	Javelin	200 M. Dash
400 M. Dash	400 M. Dash	
(* High school implements and hurdles)		

SATURDAY, April 3

<u>Decathlon 2:00</u>	<u>Girl's Decathlon 2:15</u>	<u>Heptathlon 2:30</u>
110 M. Hurdles	100 M. Hurdles	Long Jump
* Discus	Long Jump	Javelin
Pole Vault	Shot Put	800 M. Run
Javelin	High Jump	
1500 M. Run	1500 M. Run	
(* High school implements and hurdles)		