

17th ANNUAL ARIZONA Prep DECATHLON / HEPTATHLON

Friday, April 14 - Saturday, April 15 - 2006
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 – 2006 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 – 2006 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: Monday
RETURN TO: April 7
MAIL: 3610 W. Sahuaro Dr.
Phoenix 85029
FAX: (602) 938-0092
(call 1st for fax hook-up)
E-MAIL: covolz@cox.net
(TYPE ENTRY information in an attachment or note)

Monday, April 10 – 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

MANUAL: Preparation, Training, and Strategy for HS Multi-Event Competition
Website: www.eteamz.com/multi-events