

21st ANNUAL ARIZONA PREP DECATHLON / HEPTATHLON

FRIDAY, April 2 - SATURDAY, April 3 - 2010

Queen Creek High School

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

APPLICATION FOR INVITATION

Circle GRADE: 12 11 10 9

Boy's / Girl's DECATHLON
 _____ Best decathlon point total
 _____ Name of meet / Year
Best Marks – 2010 Season (1 track / 1 field / 1 jump)
 Criteria for Invitation: Marks at or above the 450 point level of the 3 events for total of 1350 points

_____ 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
 _____ Name of meet / Year
Best Marks – 2010 Season (1 track / 1 field / 1 jump)
 Criteria for Invitation: Marks at or above 450 point level of the 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 3-29
 RETURN TO:
 MAIL: 3610 W. Sahuaro Dr.
 Phoenix 85029
 E-MAIL: covolz@cox.net
 (SEND ENTRY information as an attachment or listed in e-mail note)

Tuesday, March 30 – Invited Athletes posted on website !!

ENTRY FEE: \$25.00 Rules of USAT&F

– NOT AIA Sanctioned – Athletes compete unattached!

Checks: Arizona Multi-Events – NO School Uniforms Allowed!

Criteria for Invitation (Source: Big Gold Book Scoring Tables)

BOY'S DECATHLON
Criteria for Invitation:
 450 Pts. Level
 (1 jump / 1 track / 1 throw)

Event	450 Point Level
100 M. Dash	13.11
Long Jump	17'6"
Shot Put	30'10.50"
High Jump	5' 2.25"
400 M. Dash	58.95
110 H. Hurdles	18.80
Discus	92' 8"
Pole Vault	11' 0.75"
Javelin	132'11"
1500 M. Run	5:20.10
(1600 M. converts to 5:54.4)	

GIRL'S DECATHLON
Criteria for Invitation:
 450 Pts. Level
 (1 jump / 1 track / 1 throw)

Event	450 Point Level
100 M. Dash	15.05
Long Jump	15' 0.25"
Shot Put	28' 9.75"
High Jump	4' 4.75"
400 M. Dash	1:06.86
100 H. Hurdles	17.18
Discus	96' 2"
Pole Vault	8' 9.50"
Javelin	93' 9"
1500 M. Run	6:04.97
(1600 M. converts to 6:31.7)	

HEPTATHLON
Criteria for Invitation:
 450 Pt. Level (1 jump / 1 track / 1 throw)

Event	450 point level
100 H. Hurdles	18.38
High Jump	4' 4.75"
Shot Put	28' 9.75"
200 M. Dash	30.47
Javelin	93' 9"
800 Run	2:51.36

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