

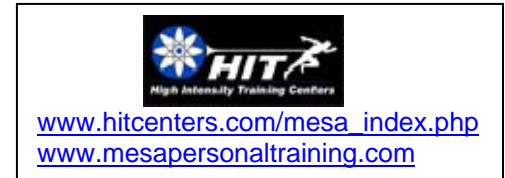
# 35<sup>th</sup> ARIZONA STATE DECATHLON & HEPTATHLON CHAMPIONSHIP



**WHEN:** Thursday - May 20 – 5:00 PM  
Friday - May 21 – 5:00 PM.

**2010**

**WHERE** **Queen Creek High School**  
22149 E. Ocotillo Queen Creek 85142  
<http://maps.google.com/maps?hl=en&tab=wl>



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

**SANCTIONING:** Arizona State Decathlon / Heptathlon Championships is an AIA Sanctioned Meet – Article 29.7.3, and governed by National Federation Rules (RULE 8-1-Art. 1 and 2). USAT&F sanctioned.  
**School Uniforms are Allowed** (AIA Sanctioned Meet)

**ENTRY INFORMATION:** Participants will be invitation based on 1 of 2 levels:

- Invitation based on past multi-event meet point to
- Invitation based current season times/marks:

Decathlon – 3 events (1 track; 1 throw; 1 jump) / Heptathlon – 3 events (1 track; 1 throw; 1 jump)  
Girls Decathlon - 3 events (1 track; 1 throw; 1 jump PLUS 2 of 3 events (Discus; Pole Vault; 400 dash)

<b>AWARDS</b> <b>Hit Center</b>	1 <sup>ST</sup> Place ...Trophies (Decathlon / Heptathlon / Girls Decathlon) Medals..... 2 <sup>nd</sup> – 6 <sup>th</sup> places (Decathlon / Heptathlon / Girls Decathlon) Spike Bag ...1 <sup>st</sup> to 6 <sup>th</sup> places (Decathlon / Heptathlon / Girls Decathlon)
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**MEET ENTRY FEE:** \$25 to cover the sanctioning / liability insurance under USAT&F, site rental, trainers, officials, FAT timing

<p><b>Entry Deadline:</b> <b>Monday - May 17</b> <b>Invited athletes posted on web site –</b> <b>Tuesday – May 18</b></p>	<p>FORWARD ENTRY FORM TO: MAIL: Arizona Multi-Events E-MAIL Send Entry Form 3610 W. Sahuaro Dr Information as an Attachment Phoenix, AZ 85029 OR in an E-Mail Text Box CHECKS: Arizona Multi-Events covolz@cox.net</p>
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**CONTACT FOR INFORMATION:** : Clyde Volz [covolz@cox.net](mailto:covolz@cox.net)  
WEB SITE: Arizona Multi-Events: <http://www.azmulti-events.com/>

## SCHEDULE

THURSDAY, May 21			FRIDAY, May 22		
Decathlon 5:00	Girl's Decathlon 5:15	Heptathlon 5:30	Decathlon 5:00	Girl's Decathlon 5:15	Heptathlon 5:30
100 M. Dash	100 M. Dash	100 M. Hurdles	110 M. Hurdles	100 M. Hurdles	Long Jump
Long Jump	Discus	High Jump	* Discus	Long Jump	Javelin
* Shot Put (HS)	Pole Vault	Shot Put	Pole Vault	Shot Put	800 M. Run
High Jump	Javelin	200 M. Dash	Javelin	High Jump	
400 M. Dash	400 M. Dash		1500 M. Run	1500 M. Run	
(* High school implements and hurdles)			(* High school implements and hurdles)		