

# 32<sup>nd</sup> ANNUAL ARIZONA STATE DECATHLON / HEPTATHLON

Thursday, May 17 - Friday, May 18 - 2007

## 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

**DECATHLON**

\_\_\_\_\_ Best decathlon point total  
 \_\_\_\_\_ Year / Name of meet

**Best Marks – 2007 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 – 2007 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: May 14  
 MAIL: 3610 W. Sahuarro Dr.  
 Phoenix 85029  
 E-MAIL: covolz@cox.net  
 (Send ENTRY information as an attachment or listed in e-mail note)

Tuesday, May 15 - Invited Athletes posted on website !!

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

Checks: Arizona Multi-Events

### Criteria for Invitation

(Source: Big 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](http://www.eteamz.com/multi-events)