

35th ANNUAL ARIZONA STATE DECATHLON / HEPTATHLON

THURSDAY, May 20 - FRIDAY, May 21 - 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

DECATHLON

_____ Best decathlon point total
 _____ Name of meet / Year

Best Marks – 2009 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**
To Seed Heats Times are requested for:
100 dash / 110 HH / 400 dash

_____ 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 – 2009 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**
To Seed Heats Times are requested
100 HH – 200 dash

_____ 100 M. High Hurdles
 _____ High Jump
 _____ Shot Put
 _____ 200 M. Dash
 _____ Long Jump
 _____ Javelin
 _____ 800 M. Run

GIRLS DECATHLON
 Marks only /NO Pt. Level
2 of 4 Decathlon Events

_____ Discus
 _____ Pole Vault
 _____ 100 M. Dash
 _____ 400 M. Dash

Entry Deadline: Monday 5-17
 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, May 18 – Invited Athletes posted on website !!
 ENTRY FEE: \$25.00 Rules of USAT&F – AIA Sanctioned

Checks: Arizona Multi-Events – **School Uniforms Allowed** -

Criteria for Invitation

(Source: Big Gold Book Scoring Tables)

DECATHLON

Criteria for Invite: 450 pt. level – 3 events

Event	450 point level
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

Event	450 point level
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: <http://www.azmulti-events.com/>