

Ponte Veda Pride
National Decathlon-Heptathlon
High School - Open Invitational
Saturday and Sunday
November 14th and 15th, 2020



WHERE: Ponte Veda High School Track Complex, 460 Davis Park Road, Ponte Veda, FL 32081/ **WHEN:** Saturday and Sunday, November 14th and 15th, 2020
ENTRY RESTRICTIONS: This event is limited **to the 1st 40 athletes** that sign up and pay (\$200 ENTRY FEE per athlete). This event was formed to provide a competition for Decathletes and Heptathletes that have had minimal competitions to improve. This format is for multi athletes ONLY. This venue will be setup to provide the best chance for scoring.

ATHLETE ENTRY FEE:

\$200 PER ATHLETE (THIS IS TO COVER COST OF FACILITY RENTAL AND TIMING)

This event is licensed by the Amateur Athletic Union of the U.S.,Inc.

All participants must have a current AAU membership.

AAU membership may not be included as part of the entry fee to the event.

AAU Youth Athlete membership must be obtained before the competition begins.

BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at event.

Please allow at least 10 days for membership to be processed.

Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.

ALL PAYMENTS MUST BE MADE ON-LINE PRIOR TO CLOSE OF REGISTRATION

ONLINE REGISTRATION, SEE HERE >: XXXXX

Entry Deadline is Wednesday, November 11th, 2020 @ 11:59pm EST
 No Entries taken after this date/time. Please contact Coach Zane Guile (Event/Meet Director) with any questions at: 360-801-1456/realgolfer100@yahoo.com

The Track will open at 6:30 a.m. Eastern Standard Time both days

Please bring your own throwing implements and Poles (unless already previously approved to use Facility implements). Medals will be awarded to Top 3 Individuals/Event/Division. **Additional IMPORTANT information:** **1/4 pyramid Spikes ONLY. **Athletes and Coaches will be allowed in the warm up areas. **Parents will be able to view on the field as Long as COVID 6FT distances are maintained or mask is worn. This will be monitored for compliance! **There may be (1) Pole Vault Pit, (2) Long Jump Pits, and (1) High Jump pit, shot put, Javelin and Discus going at the same time, please ensure you stay outside the safety flagged boundaries. There will be NO ENTRY FEE CHARGES for PARENTS/SPECTATORS!

NOTE: COVID DISTANCING (6FT WILL BE MAINTAINED, IF CANNOT BE MAINTAINED, MASK MUST BE WORN EXCEPT WHEN WARMING UP/COMPETING)**

HEPTATHLON SATURDAY (14 NOV) EVENTS SCHEDULE SUNDAY (15 NOV) EVENTS SCHEDULE HIGH SCHOOL (15 -18 YEARS OLD) COLLEGE/OPEN		
TIME DAY 1/DAY 2	SATURDAY EVENT SCHEDULE	SUNDAY EVENT SCHEDULE
8:30AM/8:00AM	100MH (10 @ 33" TALL)	LONG JUMP
ROLLING SCHEDULE	HIGH JUMP	JAVELIN
	SHOT PUT	800 METER RUN
	200M DASH	

DECATHLON SATURDAY (14 NOV) EVENTS SCHEDULE SUNDAY (15 NOV) EVENTS SCHEDULE HIGH SCHOOL (15 -18 YEARS OLD) COLLEGE/OPEN		
TIME	SATURDAY EVENT SCHEDULE	SUNDAY EVENT SCHEDULE

DAY 1/DAY 2		
8:00AM/8:00AM	100 METER DASH	110 METER HURDLES
ROLLING SCHEDULE	LONG JUMP	DISCUS
	SHOT PUT	POLE VAULT
	HIGH JUMP	JAVELIN
	400 METERS	1500 METER RUN