

Cody McBride Invitational Track & Field Meet

Thursday-Saturday, March 22nd- 24th, 2018



In Memory of Cody Ryan McBride (1996 – 2017)



Cody McBride attended PVCC on a pole vaulting scholarship. He was a 2013 graduate of Blue Ridge High School in Lakeside, Arizona and came to PVCC after jumping a personal best to win the 2013 AIA State Pole Vault Title for Division 4. Cody had a passion for pole vaulting and is remembered for bringing unparalleled courage and resilience to his pursuit of the 'next bar'. Cody was tragically killed in a car accident during the 2017 Track season. Along the way he left an impression on everyone he met with his easy smile, positive outlook, and steadfast work ethic.

Meet Info: Paradise Valley Community College will host the First Annual Cody McBride Invitational (Formerly Puma Outdoor Invitational) track and field meet Thursday thru Saturday, March 23rd, thru 25th, 2018, at Paradise Valley Community College. This meet will include a Thursday/Friday Heptathlon/Decathlon at Paradise Valley, a Thursday evening "Distance in the Dark" session at Scottsdale Community College, with the remainder of the open events, on Saturday, at the Paradise Valley Community College Track and Field Facility.

Meet entry through DirectAthletics:

All athletes should be entered through DirectAthletics at [directathletics.com](https://www.directathletics.com) (<https://www.directathletics.com/meets/track/49481.html>). Meet entry will close Wednesday, March 21st, 2018, at 11:59 P.M. Any changes to meet entries after March 21st, must be approved by Coaches David Barney or Brian Batliner.

Entry Fees: Individuals- \$25.00 per athlete
Teams- \$200.00 per team, per gender
Multis- \$30.00 (The multi-event fee is in addition to any other fees paid)

Timing: All timing will be done electronically.

Entry List and Heat Sheets:

We will post meet entries and heat sheets by Friday (3/23/18) at the Region I Track and Field website: (<http://regiononecctf.com/tfnnews.html>)

Results: Results will be posted on DirectAthletics and TFRRS.org, as well as on the Region I website.

Number of Jumps/Throws: Athletes in the horizontal jumps and throwing events will be divided into flights and will each receive a minimum of three attempts. The top nine competitors will advance to the finals and receive an additional 3 attempts.

Time Schedule: We will stay on time with the event schedule

Vertical Jump Height Progressions:

High Jump:

Men's progression

1.68/5-6 – 1.73/5-8 – 1.78/5-10 – 1.83/6-0 – 1.88/6-2 – 1.93/6-4 – 1.98/6-6
2.03/6-8 – 2.08/6-10- 2.13/7-0 - 2.18/7-2

Women's progression

1.38/4-6½ – 1.43/4-8½ – 1.48/4-10½ – 1.53/5-0 – 1.58/5-0 – 1.63/5-2
1.68/5-6 - 1.73/5-8- 1.78/5-10

Pole Vault:

Women's progression

2.60/8-6½ – 2.75/9-0½ – 2.90/9-6 – 3.05/10-0 – 3.20/10-6 3.35/11-0 –
3.50/11-6 – 3.65/11-11½ – 3.75/12-3½ – 3.85/12-7½
3.90/12-9½...

Men's progression

3.70/12-1½ – 3.85/12-7½ – 4.00/13-1½ – 4.15/13-7½ – 4.30/14-1½
4.45/14-7 – 4.60/15-1 – 4.75/15-7 – 4.90/16-¾ – 5.00/16-4¾
5.10/16-8¾ ...

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Thursday, March 22nd, 2018

Thursday night's "**Distance in the Dark**" distance races will be run at **Scottsdale Community College!**

Multi-Events: Day One

1:00 PM Decathlon 100m- *Rolling schedule from that point on*

1:15 PM Heptathlon 100m Hurdles- *Rolling schedule from that point on*

Distance In the Dark:

7:30 PM 1500m (W)

7:45 PM 1500m (M)

8:00 PM 5000m (W)

8:25 PM 5000m (M)

8:45 PM 10000m (W/M) Combined

Friday, March 23rd, 2018

Multi-Events: Day Two

1:00 PM Decathlon 110m Hurdles- *Rolling schedule from that point on*

1:15 PM Heptathlon Long Jump- *Rolling schedule from that point on*

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Saturday, March 24th, 2018

Field Events:

9:00 AM HAMMER (Women)
9:00 AM JAVELIN (Men)
10:00 AM POLE VAULT (Women) (Starting height- 2.60m)
10:00 AM LONG JUMP Men (North Pit)
LONG JUMP Women (South Pit)

Triple Jump will follow completion of long jump

10:00 AM JAVELIN (Women)
11:00 AM HAMMER (Men)
12:00 PM POLE VAULT (Men) (Starting height- 3.70m)
11:00 AM HIGH JUMP (Women followed by Men)
11:00 AM SHOT PUT (Women)
11:00 AM DISCUS (Men)
12:30 PM DISCUS (Women)
12:30 PM SHOT PUT (Men)

Saturday, March 24th, 2018

Track Events:

10:30 AM 4X100 RELAY (W)
10:35 AM 4X100 RELAY (M)
10:45 AM 3000m STEEPLECHASE (W)
11:05 AM 3000m STEEPLECHASE (M)
11:20 AM 100 HURDLES (W)
11:30 AM 110 HURDLES (M)
11:40 AM 400 (W)
11:45 AM 400 (M)
11:55 AM 100 (W)
12:00 AM 100 (M)
12:10 AM 800 (W)
12:15 AM 800 (M)
12:20 AM **Report Call for 200 Meters**
12:25 AM 400 HURDLES (W)
12:30 PM 400 HURDLES (M)
12:40 PM 200 (W)
12:55 PM 200 (M)
1:15 PM 4X400 RELAY (W)
1:20 PM 4X400 RELAY (M)