

Cody McBride Invitational Track & Field Meet



Thursday/Saturday, March 21st- 23rd, 2019

Meet Info: Paradise Valley Community College will host the *Fourteenth Annual Cody McBride/Distance In the Dark Invitational* track and field meet on Thursday, and Saturday, March 21st, and 23rd, 2019! This meet will include 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: All athletes should be entered through **DirectAthletics** at **directathletics.com**. Meet entry will close Wednesday, March 20th, 2019, at 11:59 P.M. Any changes to meet entries after March 20th, must be approved by Coach David Barney.

Entry Fees: Individuals- \$25.00 per athlete
Teams- \$200.00 per team, per gender

Timing: All timing will be done electronically by *Wingfoot Finish* Timing.

Entry List and Heat Sheets: We will post meet entries and heat sheets by Friday (3/22/19) at the Region I Track and Field website:
(<http://regiononecctf.com/tfnnews.html>)

Results: Live results may be found at: live.wingfootfinish.com/
Final results will be posted on directathletics.com, TFRRS.org, and 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

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-Distance In the Dark- Distance Carnival

Thursday, March 21st, 2019

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

Distance In the Dark:

7:30 PM 1500m (W)

7:45 PM 1500m (M)

8:05 PM 5000m (W)

8:35 PM 5000m (M)

9:05 PM 10000m (W/M) Combined

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Saturday, March 23rd, 2019

Field Events:

9:00 AM HAMMER (Women)
9:00 AM JAVELIN (Men)
9:00 AM POLE VAULT (Women) (Starting height- 2.60m)
10:00 AM LONG JUMP (Men's and Women's separate pits)
10:00 AM JAVELIN (Women)
10:00 AM HAMMER (Men)
11:00 AM POLE VAULT (Men) (Starting height- 3.79m)
11:00 AM HIGH JUMP (Women followed by Men)
11:00 AM SHOT PUT (Women)
11:00 AM DISCUS (Men)
11:30 AM TRIPLE JUMP (Men's and Women's separate pits)
12:00 PM DISCUS (Women)
12:00 PM SHOT PUT (Men)

Saturday, March 23rd, 2019

Track Events:

10:00 AM 4X100 RELAY (W)
10:05 AM 4X100 RELAY (M)
10:20 AM 3000m STEEPLECHASE (W)
10:45 AM 3000m STEEPLECHASE (M)
11:10 AM 100 HURDLES (W)
11:20 AM 110 HURDLES (M)
11:30 AM 400 (W)
11:40 AM 400 (M)
11:50 AM 100 (W)
12:00 PM 100 (M)
12:10 PM 800 (W)
12:20 PM 800 (M)
12:30 PM 400 HURDLES (W)
12:40 PM 400 HURDLES (M)
12:55 PM 200 (W)
1:15 PM 200 (M)
1:35 PM 4X400 RELAY (W)
1:40 PM 4X400 RELAY (M)

High Jump:

Men's progression

1.65/5-5 - 1.70/5-7 - 1.75/5-9 - 1.80/5-11 - 1.85/6-1 - 1.90/6-3 - 1.95/6-5 2.00/6-6½ -
2.05/6-8½ - 2.10/6-10½ - 2.15/7-0½

Women's progression

1.36/4-5½ - 1.41/4-7½ - 1.46/4-9½ - 1.51/4-11½ - 1.56/5-1½ - 1.61/5-3½ 1.66/5-5½ -
1.71/5-7½ - 1.76/5-9½

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

3.75/12-3½ - 3.90/12-9½ - 4.05/13-3½ - 4.20/13-9½ - 4.35/14-3½
4.50/14-9 - 4.65/15-3 - 4.80/15-9 - 4.90/16-¾ - 5.00/16-4¾
5.10/16-8¾ ...