

Cody McBride Invitational *Track & Field Meet*



Thursday/Saturday, March 26th- 28th, 2020

Meet Info: Paradise Valley Community College will host the *Fifteenth Annual Cody McBride/Distance in the Dark Invitational* track and field meet on Thursday, and Saturday, March 26th, and 28th, 2020! This meet will include a Thursday evening "*Distance in the Dark*" session at *Mesa Community College (1833 W Southern Ave, Mesa, AZ 85202)*, 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 is listed on DirectAthletics as "**Cody McBride Invitational/Distance in the Dark**"). Meet entry will close Wednesday, March 25th, 2020, at 11:59 P.M. Any changes to meet entries after March 25th, 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 Thursday (3/26/20) at <http://live.wingfootfinish.com/>

Results: Timing and Results services will be provided by *Wingfoot Finish*. Live results can be found at: live.wingfootfinish.com. Results will also be posted on DirectAthletics and TFRRS.org, as well as on the Region I website after the conclusion of the meet.

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- We **will not** go ahead!

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-Distance In the Dark- Distance Carnival

Thursday, March 26th, 2020

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

Distance In the Dark:

7:00 PM 1500m (W)

7:25 PM 1500m (M)

8:00 PM 5000m (W)

8:30 PM 5000m (M)

9:00 PM 10000m (W/M) Combined

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Saturday, March 28th, 2020

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)
11:30 AM SHOT PUT (Women)
11:30 AM DISCUS (Men)
11:30 AM TRIPLE JUMP (Men's and Women's separate pits)
1:00 PM DISCUS (Women)
1:00 PM SHOT PUT (Men)

Saturday, March 28th, 2020

Track Events:

10:00 AM 4X100 RELAY (W)
10:05 AM 4X100 RELAY (M)
10:20 AM 3000m STEEPLECHASE (W)
10:50 AM 3000m STEEPLECHASE (M)
11:15 AM 100 HURDLES (W)
11:25 AM 110 HURDLES (M)
11:35 AM 400 (W)
11:45 AM 400 (M)
11:55 AM 100 (W)
12:05 PM 100 (M)
12:15 PM 800 (W)
12:25 PM 800 (M)
12:35 PM 400 HURDLES (W)
12:45 PM 400 HURDLES (M)
1:00 PM 200 (W)
1:15 PM 200 (M)
1:35 PM 4X400 RELAY (W)
1:40 PM 4X400 RELAY (M)

NJCAA Outdoor Track & Field Qualifying Standards 2020

Men

100 Meter Dash	10.61
200 Meter Dash	21.36
400 Meter Dash	48.31
800 Meter Run	1:54.80
1500 Meter Run	4:02.66
5000 Meter Run	15:25.35
10000 Meter Run	33:08.39
110 Meter Hurdles	14.55
400 Meter Hurdles	55.20
3000 Meter Steeple	10:00.00
4x100 Meter Relay	41.70
4x400 Meter Relay	3:17.92
4x800 Meter Relay	7:57.80
High Jump	2.03m
Pole Vault	4.45m
Long Jump	7.20m
Triple Jump	14.75m
Discus Throw	45.64m
Hammer Throw	48.29m
Javelin Throw	52.00m
Shot Put	15.18m
Decathlon	Top 16 Marks

Women

100 Meter Dash	12.10
200 Meter Dash	24.58
400 Meter Dash	56.80
800 Meter Run	2:20.71
1500 Meter Run	4:59.29
5000 Meter Run	19:00.00
10000 Meter Run	41:21.94
100 Meter Hurdles	14.81
400 Meter Hurdles	1:06.80
3000 Meter Steeple	12:25.48
4x100 Meter Relay	48.55
4x400 Meter Relay	4:02.95
4x800 Meter Relay	10:00.72
High Jump	1.63m
Pole Vault	3.20m
Long Jump	5.53m
Triple Jump	11.54m
Discus Throw	40.24m
Hammer Throw	42.95m
Javelin Throw	36.58m
Shot Put	12.67m
Heptathlon	Top 16 Marks