

# Cody McBride Invitational Track & Field Meet



*Thursday/Saturday, March 21<sup>st</sup>- 23<sup>rd</sup>, 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 21<sup>st</sup>, and 23<sup>rd</sup>, 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 20<sup>th</sup>, 2019, at 11:59 P.M. Any changes to meet entries after March 20<sup>th</sup>, 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/](http://live.wingfootfinish.com/)  
Final results will be posted on [directathletics.com](http://directathletics.com), [TFRRS.org](http://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 21<sup>st</sup>, 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 23<sup>rd</sup>, 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 23<sup>rd</sup>, 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 ...