



Indoor Track & Field Championships

Friday-Saturday, February 16-17, 2018
Hosted by Christopher Newport University
Newport News, VA

Meet Information

- Facilities:** The Vince Brown Track in CNU's Freeman Center fieldhouse was *resurfaced this summer* updating the 6-lane 200m Mondo Super-X, expanding to an 8-lane straight, and featuring two horizontal jumps pits, three pole vault pits (configuration dependent upon entries), and a crafted wooden throwing circle.
- Spikes:** ¼" pyramid or compression spikes only – no needle spikes allowed. Shoes will be checked by the clerks. ¼" pyramid spikes will be available for sale.
- Training Room:** A Certified Athletic Trainer will be on staff for the meet. If you are not traveling with a trainer, please supply your own taping materials and arrange any use of modalities in advance by calling **Brittaney Lewelling** at **757-594-8117**.
- Locker Rooms:** Locker rooms will be available **by prior request only**. Please supply your own towels.
- Entries:** Each team is allowed 1 entry for each relay and 4 entries per individual event. A team may have more than four entries in an individual event if all entries meet the Supplemental Entry Standard.
- Team and individual entries must be done online at www.directathletics.com
Entries are due on **Tuesday, February 13th at 7:00pm** at which point all entered athletes will be considered **Final and Declared for all events**.
Performance lists will be posted on the meet information page **Wednesday morning**.
Final scratches are due on the coaches' conference call **Wednesday at 7:00pm**.
Heat sheets will be posted by **Thursday morning**.
- More Info:** Meet information and results will be available via CNUsports.com, and directly at <http://TFXC.groups.cnu.edu/meet-info/CAC-championships>
- Live Results** will be available at:
<http://CNUsports.com/custompages/track/20180217/index.htm>
- Live Webcast** will be available via CNUsports.com hosted by **Stretch Internet**.
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Height Progressions and Supplemental Entry Standards

2018 Height Progressions *(finalized on the Tuesday prior to the Championships)*

Conf. Min	WHJ	1.31m	MHJ	1.62m	WPV	2.24m	MPV	3.31m
ECAC Standard		1.55m		1.88m		3.15m		4.25m
CAC 8th Ranked		1.46m		1.89m		2.89m		3.95m
Women's HJ	4-3.5	1.31m	1.36m	1.41m	1.46m	1.49m	1.52m	1.55m
			1.58m	1.61m	1.64m	1.67m	1.70m	...
Men's HJ	5-4	1.63m	1.68m	1.73m	1.78m	1.83m	1.88m	1.91m
			1.94m	1.97m	2.00m	2.03m	2.06m	...
Women's PV	7-4.5	2.25m	2.40m	2.55m	2.70m	2.85m	2.95m	3.05m
			3.15m	3.25m	3.35m	3.45m	3.55m	...
Men's PV	10-11.75	3.35m	3.50m	3.65m	3.80m	3.95m	4.05m	4.15m
			4.25m	4.35m	4.45m	4.55m	4.65m	...

2018 Supplemental Entry Standards

“A” Standards are the average of the previous three year’s season ending 8th Ranked Performances.

Men's Indoor Supplemental Entry "A" Standard	
Event	Standard
60m	7.09
200m	22.94
400m	51.50
800m	1:59.65
Mile	4:25.99
3k	8:56.29
5k	15:44.28
60m Hurdles	8.96
High Jump	1.83m
Pole Vault	3.87m
Long Jump	6.51m
Triple Jump	12.87m
Shot Put	13.44m
Weight Throw	13.96m

Women's Indoor Supplemental Entry "A" Standard	
Event	Standard
60m	8.14
200m	26.81
400m	61.36
800m	2:27.72
Mile	5:26.92
3k	10:52.96
5k	19:46.26
60m Hurdles	9.58
High Jump	1.51m
Pole Vault	2.78m
Long Jump	4.96m
Triple Jump	9.84m
Shot Put	10.69m
Weight Throw	12.37m

The “B” Standards are the Conference Top-10 Performance Lists the week of the Championships.



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Meet Schedule

Implement Weigh-In: Friday 2:30-3:30pm; Saturday 8:30-9:30am

Coaches' Meetings: Friday 2:30pm; Saturday 8:30am

Field Events

Track Events

Timed Finals (slow to fast) unless otherwise indicated

Friday

4:00 PM W High Jump
 M Long Jump
 W Weight Throw

4:30 PM W Pole Vault

6:30 PM W Long Jump
 M Weight Throw

4:30 PM W 5,000m
5:00 PM M 5,000m
5:30 PM W 60m Hurdles Prelims
5:50 PM M 60m Hurdles Prelims
6:10 PM W 60m Prelims
6:30 PM M 60m Prelims
7:00 PM W Distance Medley
7:20 PM M Distance Medley
7:40 PM W 60m Hurdles Semis (if necessary)
7:50 PM M 60m Hurdles Semis (if necessary)
8:00 PM W 60m Semis (if necessary)
8:10 PM M 60m Semis (if necessary)
8:20 PM *Run-offs if necessary*

Saturday

10:00 AM M High Jump
 W Triple Jump
 M Shot Put

10:30 AM M Pole Vault

12:00 PM M Triple Jump
 W Shot Put

10:00 AM W Mile
10:20 AM M Mile
10:40 AM W 60m Hurdles Finals
10:45 AM M 60m Hurdles Finals
10:50 AM W 400m
11:05 AM M 400m
11:20 AM W 60m Finals
11:25 AM M 60m Finals
11:30 AM W 800m
11:45 AM M 800m
12:00 PM W 200m
12:20 PM M 200m
12:40 PM W 3,000m
1:05 PM M 3,000m
1:30 PM W 4x400m Relay
1:40 PM M 4x400m Relay

2:15pm - Awards Ceremony