



# Indoor Track & Field Championships

Saturday, February 18, 2017

Hosted by Christopher Newport University  
Newport News, VA

## Meet Information

- Facilities:** The Vince Brown Track in CNU's Freeman Center fieldhouse is a 6-lane 200m Mondo Super-X surface with two horizontal jumps pits, two pole vault pits (configuration dependent upon entries), and a 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 **Stephanie Mooney** 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 entries in an individual event if all entries meet the Conference Standard.
- Team and individual entries must be done online at [www.directathletics.com](http://www.directathletics.com)  
Entries are due on **Wednesday, February 15<sup>th</sup> 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 **Thursday morning**.  
Final scratches are due on the coaches' conference call **Thursday at 7:00pm**.  
Heat sheets will be posted by **Friday morning**.
- More Info:** Meet information and results will be available via [CNUsports.com](http://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/20160221/index.htm>
- Live Webcast** will be available via [CNUsports.com](http://CNUsports.com) hosted by **Stretch Internet**.

Tyler Wingard  
Head Track & Field/Cross Country Coach  
Christopher Newport University  
p. 757-594-7289

[twingard@cnu.edu](mailto:twingard@cnu.edu)

Department of Athletics  
1 Avenue of the Arts  
Newport News, VA 23606  
f. 757-594-7839