



Indoor Track & Field Championships

Saturday, February 18, 2017

**Hosted by Christopher Newport University
Newport News, VA**

Meet Schedule

**Implement Weigh-In: 9:00-10:00am
Coaches' Meeting at 9:15am**

Field Events

10:30am W High Jump
M Long Jump (south pit)
M Weight Throw

11:00am W Pole Vault

Noon W Long Jump (north pit)

12:15pm M High Jump
W Weight Throw

1:00pm M Pole Vault

1:30pm M Triple Jump (south pit)

2:00pm M Shot Put

3:00pm W Triple Jump (north pit)

3:45pm W Shot Put

Track Events

Timed finals (slow to fast) unless otherwise indicated

Men/Women

10:30am/11:00am	5,000m	
11:30pm/11:45am	60m Hurdles	<i>Prelims</i>
Noon/12:15pm	60m	<i>Prelims</i>
12:45pm/12:55pm	60m Hurdles/60m Run-Off (if needed)	
1:00pm/1:20pm	Mile	
1:40pm/1:45pm	60m Hurdles	<i>Finals</i>
1:50pm/2:05pm	400m	
2:20pm/2:25pm	60m	<i>Finals</i>
2:30pm/2:50pm	800m	
3:05pm/3:25pm	200m	
3:45pm/4:10pm	3,000m	
4:35pm/4:55pm	Distance Medley Relay	
5:15pm/5:30pm	4x400m Relay	

Awards Ceremony

The Freeman Center will open at 8:30am.

Facility Information

Track: Flat 200m Mondo Super-X

Infield: All Mondo Super-X

Shot Put/Weight Throw Ring: Finished Wood

LJ/TJ Runway Length: 192' (to sand)

Long Jump Board: 9' (wood)

Triple Jump Boards: 32', 36', 38', 40' (all painted)
An additional board will be taped for the Women's competition.