



CNU'S 34TH ANNUAL **HIGH SCHOOL CAPTAIN'S CLASSIC**

Friday-Saturday, March 30-31, 2018

Meet Information

- Awards:** Top 3 Finishers & Winning Relays; Trophies for the Top 2 teams.
NFHS Sanctioning Rules will determine eligibility for awards.
- Sanctioning:** **The meet will be sanctioned by the VHSL and the NFHS.**
Saturday's schedule will overlap our collegiate Blue & Silver Challenge!
- Facilities:** CNU's Pomoco Stadium boasts a newly rebuilt 8-lane Beynon BSS-1000 track with 85m straights, 200' reversible runways for the horizontal jumps, a full D-zone for the High Jump, and multiple runways for the Pole Vault. All throws are held adjacent to the stadium with brushed concrete circles and a Beynon BSS-1000 Javelin runway.
- Spikes:** ¼" pyramid spikes are preferred. ¼" pyramid spikes will be available for sale.
- Training Room:** A Certified Athletics 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**.
- Concessions:** The concession stand will be open for the meet.
- Entries:** **3 entries per event. 1 Relay per school.**
*Additional entries **may** be accepted if **all** of a school's entries for that event are seeded in the meet's **top 15**. Requests for additional entries **must** be submitted by email with verification of marks by the scratch deadline. Approved additional entries will cost **\$20 each** in addition to all other fees/maximums.*
Events will not be delayed for athletes competing in multiple events - please be mindful of the schedule when entering your athletes!
All entries **must** be done online at www.MileStat.com. **No exceptions!**
(go to <http://va.milesplit.us/help/faq/meetreg> for registration instructions)
Entries will close at 11:59 pm on **Monday, March 26th**.
Entry lists and event restriction updates will be posted by **Tuesday, March 27th** on TFXC.groups.cnu.edu/meet-info/HS-Meets.
Submit scratches to twingard@cnu.edu (fax 757-594-7839) by **Wednesday, March 28th**. Final heat sheets and schedules will be posted by **Thursday, March 29th**.
- Entry Fees:** \$175 max per team (boys & girls separate; not including fees for additional entries).
\$15 per individual or relay.
These are ENTRY fees and are not dependent upon actual participation.
Please make checks payable to **Christopher Newport University**.

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

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Newport News, VA 23606
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Order of Events

(Rolling schedule – Subject to change)

Opening Heights/Minimum Marks indicated in { } for each event below.

These standards may be INCREASED as necessary based on meet entries.

LJ, TJ, SP, and DT will contest 3 attempts plus finals; top 8 performers will qualify for finals.

<u>Friday Field Events (High School Meet)</u>		<u>Friday Track Events (High School Meet)</u>	
4:00pm	<i>Boys' High Jump Girls' Pole Vault B/G Long Jump Boys' Shot Put Girls' Discus</i>	4:00pm	<i>B/G 3200m (Open) B/G 100 Prelims B/G 4x800m Relay 110m/100m Hurdles Prelims B/G 3200m Invitational B/G 200m</i>
<u>Saturday Field Events</u>		<u>Saturday Track Events</u>	
9:00am	<i>Girls' High Jump Boys' Pole Vault B/G Triple Jump Girls' Shot Put Boys' Discus</i>	9:00am	<i>B/G 1600m (Open) B/G 4x100m Relay B/G 1600m Invitational 110m/100m Hurdles Finals B/G 400m B/G 100m Finals B/G 300m Hurdles B/G 800m</i>
Noon	<i>M Hammer Throw W Javelin</i>	12:15pm	<i>W/M 3k Steeplechase W/M 4x100m Relay</i>
1:00pm	<i>W Long Jump (outer runway) M Long Jump (inner runway) W Pole Vault</i>	1:00pm <i>HS 4x400m Relay</i>	
2:00pm	<i>M High Jump W Hammer Throw M Javelin</i>	1:30pm	<i>W/M 1500m 100m/110m Hurdles W/M 400m W/M 100m W/M 800m W/M 400m Hurdles W/M 200m W/M 5k or 3k W/M 4x400m Relay</i>
3:00pm	<i>W Triple Jump (outer runway) M Triple Jump (inner runway)</i>		
3:30pm	<i>W High Jump M Pole Vault W Shot Put M Discus</i>		
5:00pm	<i>M Shot Put W Discus</i>		

More Info:

Meet information, updates, and results will be available through the Track & Field page on CNUsports.com or directly at TFXC.groups.cnu.edu/meet-info/HS-meets