



## **CNU'S 33<sup>RD</sup> ANNUAL** **HIGH SCHOOL CAPTAIN'S CLASSIC**

**Friday-Saturday, March 31-April 1, 2017**

### **Meet Information**

- Awards:** Top 3 Finishers & Winning Relays; Trophies for the Top 2 teams in each division:  
**Blue Division:** Large & non-VA schools (must be full members of their State Assn.)  
**Silver Division:** Small schools, including private/non-VHSL schools
- Sanctioning:** **The meet will be sanctioned by the VHSL and the NFHS.**
- 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 **Stephanie Mooney** at **757-594-8117**.
- Programs & Concessions:** Meet programs will be on sale for \$2.  
The concession stand will be open for the meet.
- Entries:** **3 entries per event. 1 Relay per school. Max of 4 individual events per athlete.**  
*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 fax or e-mail with verification of marks by the scratch deadline. Approved additional entries will cost **\$20 each** in addition to all other fees/maximums.*  
***Please be mindful of the schedule when entering your athletes in multiple events!***  
All entries **must** be done online at [www.MileStat.com](http://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 **Friday, March 24<sup>th</sup>**.  
Entry lists and event restriction updates will be posted by **Monday, March 27<sup>th</sup>** on [TFXC.groups.cnu.edu/meet-info/HS-Meets](http://TFXC.groups.cnu.edu/meet-info/HS-Meets).  
Submit scratches to [twingard@cnu.edu](mailto:twingard@cnu.edu) (fax 757-594-7839) by **Wednesday, March 29<sup>th</sup>**. Final heat sheets and schedules will be posted by **Thursday, March 30<sup>th</sup>**.
- 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**.

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# **CNU'S 33<sup>RD</sup> ANNUAL** **HIGH SCHOOL CAPTAIN'S CLASSIC**

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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.*

### **Friday Field Events**

- 4:00pm** Silver Div. Girls' Discus
- 5:00pm** **Girls' Invitational High Jump**  
**Boys' Invitational Pole Vault**
- 7:00pm** **Boys' Invitational High Jump**  
**Girls' Invitational Pole Vault**

*(Top 8-10 entries selected for Invitational Events)*

### **Saturday Field Events**

- 8:30am** Girls' Open High Jump {4-4}  
*followed by* Boys' Open High Jump {5-6}
- 8:30am** Boys' Open Pole Vault {8-6}  
*followed by* Girls' Open Pole Vault {6-0}
- 8:30am** **Inner Runway**  
Silver Div. Boys' Long Jump  
*followed by* Blue Div. Boys' Long Jump {20'}  
*followed by* Silver Div. Boys' Triple Jump  
*followed by* Blue Div. Boys' Triple Jump {39'}
- 8:30am** **Outer Runway**  
Blue Div. Girls' Long Jump {15'}  
*followed by* Silver Div. Girls' Long Jump  
*followed by* Blue Div. Girls' Triple Jump {30'}  
*followed by* Silver Div. Girls' Triple Jump
- 8:30am** Silver Div. Girls' Shot Put  
*followed by* Silver Div. Boys' Shot Put  
*followed by* Blue Div. Girls' Shot Put {28'}  
*followed by* Blue Div. Boys' Shot Put {40'}
- 8:30am** Blue Div. Girls' Discus {75'}  
*followed by* Blue Div. Boys' Discus {100'}  
*followed by* Silver Div. Boys' Discus {75'}

### **Friday Track Events**

- 4:00pm** 3200m (Open Sections)
- 5:00pm** 100m/110m Hurdles *Prelims*  
4x800m Relay  
100m *Prelims*

### **Saturday Track Events**

- 9:00am** 1600m (Open Sections)
- 10:00am** 4x100m Relay
- Captain's Invitational 1600m**  
*(top 12 entries in each division)*  
100m/110m Hurdles *Finals*  
400m  
100m *Finals*  
300m Hurdles  
800m  
200m
- Captain's Invitational 3200m**  
*(top 12 entries in each division)*  
4x400m Relay
- Timed finals*  
*Silver followed by Blue*  
*Girls followed by Boys*  
*Slow heats to Fast heats*

### **More Info:**

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