



## **CNU'S 2017-18 HIGH SCHOOL** **INDOOR MEET SERIES**

**HS Winter Frolic – Friday-Saturday, December 15-16, 2017**

*presented by the Courtyard Newport News Airport*

**The CNU HS Showcase – Friday-Saturday, January 5-6, 2018**

### **Meet Information**

[Book your group rate for CNU High School Winter Frolic](#) with the Courtyard Newport News Airport!

- Awards:** Top Finishers & Winning Relays will receive awards. No team scores/awards.
- Sanctioning:** The meet will be sanctioned by the VHSL and the NFHS.
- 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, three pole vault pits (configuration dependent upon entries), and a wooden throwing circle.
- Spikes:** ¼" pyramid or compression spikes only – no needle or other spikes allowed. Shoes will be checked by the clerks. 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**.
- Tickets & Concessions:** Admission: \$5 adults, \$3 students/children under 12.  
Concessions will be open.
- Entries:** **Maximum: 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 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.*  
  
All entries **must** be done online at [www.MileStat.com](http://www.MileStat.com). **No exceptions!**  
(go to [http://va.milesplit.us/pages/Online Meet Reg Instructions](http://va.milesplit.us/pages/Online_Meet_Reg_Instructions) for instructions)  
Entries will close at 11:59 pm on the **Monday, prior to the meet**.
- Entry lists and event restrictions will be posted by the **Tuesday** prior to the meet on [TFXC.groups.cnu.edu/meet-info/HS-Meets](http://TFXC.groups.cnu.edu/meet-info/HS-Meets). Please submit scratches to [twingard@cnu.edu](mailto:twingard@cnu.edu) (fax 757-594-7839) by 5:00pm **Wednesday** prior to the meet.
- Final heat sheets and schedules will be posted by the **Thursday** prior to the meet.
- 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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Christopher Newport University  
p. 757-594-7289

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### **Order of Events**

*(Subject to change)*

#### **Friday Field Events**

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

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

*LJ, TJ and SP will contest 3 attempts plus finals; top 6 performers will qualify for finals.*

#### **Saturday Field Events**

**4:00pm** Boy's High Jump {5-4}  
 Girl's Pole Vault {6-0}  
 Girl's Long Jump (east pit) {14-6}  
 Boy's Long Jump (west pit) {18-0}  
 Girl's Shot Put {25-0}

**9:00am** Girl's High Jump {4-4}  
 Boy's Pole Vault {8-6}  
**10:00am** Girl's Triple Jump (east pit)  
 Boy's Triple Jump (west pit)  
 Boy's Shot Put {35-0}

#### **Friday Track Events**

**4:00pm** Girls' 55m Hurdles *prelims*  
 Boys' 55m Hurdles *prelims*  
 Girls' 55m Dash *prelims*  
 Boys' 55m Dash *prelims*  
 Girls' 4x800m Relay  
 Boys' 4x800m Relay  
 Girls' 55m Hurdles *finals*  
 Boys' 55m Hurdles *finals*  
 Girls' 55m Dash *finals*  
 Boys' 55m Dash *finals*  
 Girls' 500m  
 Boys' 500m

#### **Saturday Track Events**

**9:30am** Girls' 1,600m  
 Boys' 1,600m  
 Girls' 4x200m Relay  
 Boys' 4x200m Relay  
 Girls' 1,000m  
 Boys' 1,000m  
 Girls' 300m  
 Boys' 300m  
 Girls' 3,200m  
*Showcase Only* Boys' Sprint Medley Relay  
*Showcase Only* Girls' Sprint Medley Relay  
 Boys' 3,200m  
 Girls' 4x400m Relay  
 Boys' 4x400m Relay

*Showcase Only* Girls' Distance Medley Relay  
*Showcase Only* Boys' Distance Medley Relay

***The Freeman Center will open 90 minutes prior to the first events.***

**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)

*The 2017 CNU High School Winter Frolic is Presented by*

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*Newport News Airport*