



## **CNU'S 2016-17 HIGH SCHOOL** **INDOOR MEET SERIES**

**HS Winter Frolic presented by the Courtyard Newport News Airport  
Friday-Saturday, December 9-10, 2016**

**The Return of the HS Showcase – Friday-Saturday, January 6-7, 2017**

### **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.  
Meet programs will be on sale for \$2. 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/help/faq/meetreg> for registration instructions)  
Entries will close at 11:59 pm on the **Friday, one week prior to the meet.**
- Entry lists and event restrictions will be posted by the **Monday** 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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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



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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 2016 CNU High School Winter Frolic is Presented by*

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*Newport News Airport*