

CNU'S HIGH SCHOOL CAPTAINS CLASSIC

COACHES' FINAL INSTRUCTIONS

- Athlete Drop-off points are at the south gate parking lot off of North Moores Lane. Please see the “CNU Meet Day Traffic Flow – Outdoor” document for bus instructions. **THIS WILL BE THE ONLY DROP-OFF POINT ALLOWED.**
- **All BUSES will be sent to Todd Stadium (north on Warwick Blvd.) to park – NO BUSES WILL BE ALLOWED TO PARK ON CAMPUS.** Team vans may park in the lot across from Panera on University Place.
- Spectator parking will be available in Lot E1, E2, and E3 along Prince Drew Road. Disabled Parking will be available in Lot I, south of the stadium near the Athlete Drop-Off point.
- **Please instruct your athletes to stay in the Track & Field stadium area and to use University Place if they wish to go to the restaurants on Warwick Boulevard rather than wandering through campus.** If you have student-athletes who wish to take a tour of CNU, please ask them to make arrangements with Coach Wingard (twingard@cnu.edu) or our admissions office (757-594-7334).
- Packet pick-up, spike sales, and awards will be available under the stadium at the south end (near posted results). Please make sure to pay your entry fees and pick up your packets upon arrival at the stadium.
- **Please bring all scratches during the meet to the Main Press Box.**
- Results will be posted under the stadium on the south end and online (QR codes will be available around the stadium).
- Only ¼” pyramid spikes will be allowed on the track. **No spiked shoes shall be worn in the stadium.**
- No athletes will be allowed on the track or the infield unless they are competing.
- Athletes may warm up on the James River Field to the south of the track (see map on back). Hurdlers may warm up with hurdles on the Long Jump Runways Friday evening and on the back-straight on Saturday. **Please instruct your athletes NOT to move any hurdles from the track.**
- Weigh-ins for throwing implements will be in the shed at the Northeast corner of the track. **Weigh-ins will close 30 minutes prior to the start of competition for each division.** Please mark your implements with your school name and remember to retrieve any impounded implements at the conclusion of the meet. The shed will be closed and locked during the meet.
- All field event competitors will check in at their event sites when announced. Jumpers must enter the track facility at the north end of the track near the clerk’s tent. **There will be no direct access to the track from the stadium.**
- All track event competitors will check in with the clerk at the northwest corner of the track. Competitors will be marshaled to their starting line for each race. **No sweats will be allowed once the competitors are called to the starting line by the marshals.** Sweats may be left in the grass area near the clerk’s tent or (preferably) carried by a teammate/coach back to your team camp area.
- All track event competitors will exit the track through the gate immediately south of the finish line.
- A certified athletic trainer will be on site at the tent near the track exit gate.



1994

37°03'50.17" N 76°29'57.28" W elev 38 ft eye alt 1115 ft

South Gate Drop-Off

Google Earth