



CNU'S 2017-18 INDOOR MEET SERIES

Holiday Open – Saturday, Dec. 9th, 2017

Captain's Invite/Combined Events – Friday-Saturday, Jan. 19th-20th, 2018

Vince Brown Invitational – **Sunday**, Feb. 4th, 2018

CNU Pentathlon/Heptathlon – Monday-Tuesday, Feb. 26th-27th, 2018*

** Pending NCAA Div. III Final Qualifier Approval*

- Meet Info:** The official Meet Information Page is at <http://TFXC.groups.cnu.edu/meet-info/college-indoor-meets> which is also available via CNUsports.com
- Scoring:** *Division I Schools will be scored for compliance purposes.*
- Facilities:** The Vince Brown Track in CNU's Freeman Center fieldhouse was *resurfaced this summer* updating the 6-lane 200m Mondo Super-X, expanding to an 8-lane straight, and featuring two horizontal jumps pits, three pole vault pits (configuration dependent upon entries), and a crafted 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 Athletic 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**.
- Entries:** No entry limits planned. *Please schedule us on Direct Athletics so that we may be proactive with any necessary schedule changes.*
- All entries** must be done online at www.directathletics.com. You may make changes up until the closing deadline at **11:59 pm** on the **Tuesday** prior to the meet (**Friday** for the CNU Pentathlon/Heptathlon). *Late entries will only be considered on a space-available basis and are subject to a \$10 per entry surcharge. This includes Club/Unattached entries not paid online.*
- Preliminary entry lists and any schedule changes will be posted on the meet information site via CNUsports.com by the day following the entry deadline. Please submit scratches to twingard@cnu.edu (or fax to 757-594-7839).
- Final performance lists and schedules will be posted by the night before the meet.
- Entry Fees:** **\$300** max per gender team (**not including Heptathlon/Pentathlon fees**)
Team Rate is \$20 per individual or relay. **\$40 for Heptathlon/Pentathlon entries.**
Unattached & Club Athletes must pay entry fees online at the time of entry.
College Coaches: please make checks payable to **Christopher Newport University.**
These are ENTRY fees and are not dependent upon actual participation.

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

twingard@cnu.edu

Department of Athletics
1 Avenue of the Arts
Newport News, VA 23606
f. 757-594-7839



CNU'S 2017-18 INDOOR MEET SERIES

Holiday Open – Saturday, Dec. 9th, 2017
 Vince Brown Invitational – Sunday, Feb. 4th, 2018

1-Day Meet Schedule

(subject to change)

Field Events

9:00am	M Weight Throw	<i>Women to follow</i>
9:30am	W Pole Vault	<i>Men to follow</i>
10:00am	M Long Jump	<i>Women to follow</i>
11:00am	M High Jump	<i>Women to follow</i>
<i>After LJ</i>	M Triple Jump	<i>Women to follow</i>
<i>After WT</i>	M Shot Put	<i>Women to follow</i>

Track Events *Timed finals (slow to fast) unless otherwise indicated*

10:30am	W Distance Medley Relay	<i>(may be moved to the end of the meet)</i>
	M Distance Medley Relay	
11:00am	W 5,000m	
	M 5,000m	
Noon	W 60m Hurdles	<i>prelims</i>
	M 60m Hurdles	<i>prelims</i>
	W 60m Dash	<i>prelims</i>
	M 60m Dash	<i>prelims</i>
	<i>W 600m</i>	<i>Dec. meet only</i>
	<i>M 600m</i>	<i>Dec. meet only</i>
	W Mile	
	M Mile	
	W 60m Hurdles	<i>Finals (or semis if required)</i>
	M 60m Hurdles	<i>Finals (or semis if required)</i>
	W 400m	
	M 400m	
	W 60m Dash	<i>Finals (or semis if required)</i>
	M 60m Dash	<i>Finals (or semis if required)</i>
	W 800m	
	M 800m	
	W 200m	
	M 200m	
	W 3,000m	
	M 3,000m	
	W 4x400m Relay	
	M 4x400m Relay	
	W 60m Hurdles	<i>Finals (if semis required)</i>
	M 60m Hurdles	<i>Finals (if semis required)</i>
	W 60m Dash	<i>Finals (if semis required)</i>
	M 60m Dash	<i>Finals (if semis required)</i>

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



CNU'S 2017-18 INDOOR MEET SERIES

Captain's Invite/Combined Events – Friday-Saturday, Jan. 19th-20th, 2018

2-Day/Combined Events Meet Schedule

(subject to change)

Friday Combined Events

Each event will start at least 30min after the completion of the previous event.

10:00am W Pentathlon 60m Hurdles
10:30am M Heptathlon 60m Dash
 W Pentathlon High Jump
 M Heptathlon Long Jump
 W Pentathlon Shot Put
 M Heptathlon Shot Put
 W Pentathlon Long Jump
 M Heptathlon High Jump
 W Pentathlon 800m

Friday Field Events

3:00pm W Weight Throw
 W Triple Jump
4:00pm M High Jump
 W Pole Vault
5:00pm M Triple Jump *(after women)*
 M Weight Throw *(after women)*

Friday Track Events

Timed finals (slow to fast) unless otherwise indicated

4:00pm W 4x800m Relay
 M 4x800m Relay
 W 60m Hurdles *prelims*
 M 60m Hurdles *prelims*
 W 60m Dash *prelims*
 M 60m Dash *prelims*
W 5,000m
 W 4x200m Relay
 M 4x200m Relay
M 5,000m
W 200m Hurdles
M 200m Hurdles
 W Distance Medley Relay
 M Distance Medley Relay

Saturday Combined Events

10:00am M Heptathlon 60m Hurdles
 M Heptathlon Pole Vault
 M Heptathlon 1,000m

Saturday Field Events

10:00am W Shot Put
 W Long Jump
11:00am W High Jump
1:00pm M Long Jump
 M Shot Put
1:30pm M Pole Vault

Saturday Track Events

Timed finals (slow to fast) unless otherwise indicated

Noon W Mile
 M Mile
 W 600m
 M 600m
 W 60m Hurdles *Finals (or semis if required)*
 M 60m Hurdles *Finals (or semis if required)*
 W 1,000m
 M 1,000m
 W 400m
 M 400m
 W 60m Dash *Finals (or semis if required)*
 M 60m Dash *Finals (or semis if required)*
 W 800m
 M 800m
 W 200m
 M 200m
 W 3,000m
 M 3,000m
 W 4x400m Relay
 M 4x400m Relay
 W 60m Hurdles *Finals (if semis required)*
 M 60m Hurdles *Finals (if semis required)*
 W 60m Dash *Finals (if semis required)*
 M 60m Dash *Finals (if semis required)*

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



CNU'S 2017-18 INDOOR MEET SERIES

CNU Pentathlon/Heptathlon – Monday-Tuesday, Feb. 26th-27th, 2018*

** Pending NCAA Div. III Final Qualifier Approval*

Pentathlon/Heptathlon Schedule

(subject to change)

	<u>Day 1</u>		<u>Day 2</u>
Noon	W Pentathlon 60m Hurdles	Noon	M Heptathlon 60m Hurdles
12:30pm	M Heptathlon 60m Dash		M Heptathlon Pole Vault
	W Pentathlon High Jump		M Heptathlon 1,000m
	M Heptathlon Long Jump		
	W Pentathlon Shot Put		
	M Heptathlon Shot Put		
	W Pentathlon Long Jump		
	M Heptathlon High Jump		
	W Pentathlon 800m		

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