



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

Holiday Open – **Sunday**, Dec. 4<sup>th</sup>, 2016

CNU Quadrangular – **Friday**, Jan. 13<sup>th</sup>, 2017

Captain's Invite/Combined Events – **Friday-Saturday**, Jan. 20<sup>th</sup>-21<sup>st</sup>, 2017

Vince Brown Invitational – **Saturday**, Feb. 4<sup>th</sup>, 2017

CNU Pentathlon/Heptathlon – **Monday-Tuesday**, Feb. 27<sup>th</sup>-28<sup>th</sup>, 2017\*

*\* Pending NCAA Div. III Final Qualifier Approval*

- Scoring:** *Division I Schools will be scored against each other to ensure our meets count towards your minimum participation numbers.*
- 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 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](http://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.*
- Preliminary entry lists and any schedule changes will be posted on the meet information site via [CNUsports.com](http://CNUsports.com) by the day following the entry deadline. Please submit scratches to [twingard@cnu.edu](mailto: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**)  
\$20 per individual or relay. **\$30 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.*
- More Info:** Meet information and results will be available via [CNUsports.com](http://CNUsports.com) and directly at <http://TFXC.groups.cnu.edu/meet-info/college-indoor-meets>

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

Holiday Open – Sunday, Dec. 4<sup>th</sup>, 2016  
 Vince Brown Invitational – Saturday, Feb. 4<sup>th</sup>, 2017

### **1-Day Meet Schedule**

*(subject to change)*

#### **Field Events**

<b>9:00am</b>	M Weight Throw	<i>Women to follow</i>
<b>9:30am</b>	W Pole Vault	<i>Men to follow</i>
<b>10:00am</b>	M Long Jump	<i>Women to follow</i>
<b>11:00am</b>	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*

<b>10:30am</b>	W Distance Medley Relay	<i>(may be moved to the end of the meet)</i>
	M Distance Medley Relay	
<b>11:00am</b>	W 5,000m	
	M 5,000m	
<b>Noon</b>	W 60m Hurdles	<i>prelims (adv. by time)</i>
	M 60m Hurdles	<i>prelims (adv. by time)</i>
	W 60m Dash	<i>prelims (adv. by time)</i>
	M 60m Dash	<i>prelims (adv. by time)</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>Top 8, 2 Sections</i>
	M 60m Hurdles	<i>Top 8, 2 Sections</i>
	W 400m	
	M 400m	
	W 60m Dash	<i>Top 8, 2 Sections</i>
	M 60m Dash	<i>Top 8, 2 Sections</i>
	W 800m	
	M 800m	
	W 200m	
	M 200m	
	W 3,000m	
	M 3,000m	
	W 4x400m Relay	
	M 4x400m Relay	

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



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

**CNU Quadrangular – Friday, Jan. 13<sup>th</sup>, 2017**

### **Friday Evening Meet Schedule**

*(subject to change)*

#### **Field Events**

<b>4:00pm</b>	W Pole Vault	<i>Men to follow</i>
	W Weight Throw	<i>Men to follow</i>
<i>After WT</i>	W Shot Put	<i>Men to follow</i>
<b>5:00pm</b>	M Long Jump	<i>Women to follow</i>
<i>After LJ</i>	M Triple Jump	<i>Women to follow</i>
<b>6:00pm</b>	W High Jump	<i>Men to follow</i>

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

<b>6:00pm</b>	W 600m
	M 600m
	W Mile
	M Mile
	W 60m Hurdles
	M 60m Hurdles
	W 400m
	M 400m
	W 60m Dash
	M 60m Dash
	W 800m
	M 800m
	W 200m
	M 200m
	W 3,000m
	M 3,000m
	W 4x400m Relay
	M 4x400m Relay

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



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

**Captain's Invite/Combined Events – Friday-Saturday, Jan. 20<sup>th</sup>-21<sup>st</sup>, 2017**

### **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.*

#### **Saturday Combined Events**

**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

**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

#### **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)*

#### **Saturday Track Events**

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

**Noon** W Mile  
 M Mile  
 W 600m  
 M 600m  
 W 60m Hurdles *Top 8, 2 Sections*  
 M 60m Hurdles *Top 8, 2 Sections*  
 W 1,000m  
 M 1,000m  
 W 400m  
 M 400m  
 W 60m Dash *Top 8, 2 Sections*  
 M 60m Dash *Top 8, 2 Sections*  
 W 800m  
 M 800m  
 W 200m  
 M 200m  
 W 3,000m  
 M 3,000m  
 W 4x400m Relay  
 M 4x400m Relay

#### **Friday Track Events**

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

**4:00pm** W 4x800m Relay  
 M 4x800m Relay  
 W 60m Hurdles *prelims (adv. by time)*  
 M 60m Hurdles *prelims (adv. by time)*  
 W 60m Dash *prelims (adv. by time)*  
 M 60m Dash *prelims (adv. by time)*  
**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

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



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

**CNU Pentathlon/Heptathlon – Monday-Tuesday, Feb. 27<sup>th</sup>-28<sup>th</sup>, 2017\***

*\* Pending NCAA Div. III Final Qualifier Approval*

### **Pentathlon/Heptathlon Schedule**

*(subject to change)*

	<b><u>Day 1</u></b>		<b><u>Day 2</u></b>
<b>Noon</b>	W Pentathlon 60m Hurdles	<b>Noon</b>	M Heptathlon 60m Hurdles
<b>12:30pm</b>	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.***