



CNU'S 2018 OUTDOOR MEET SERIES

Blue & Silver Challenge – Saturday, March 31st

Captains Classic & Combined Events – Friday-Saturday, April 20th-21st

Meet Information

- Meet Info:** The official Meet Information Page is at <http://TFXC.groups.cnu.edu/meet-info/college-outdoor-meets> which is also available via CNUsports.com
- Scoring:** *Division I Schools will be scored for compliance purposes.*
- Facilities:** CNU's Pomoco Stadium boasts a newly rebuilt 8-lane Beynon BSS-1000 track with 85m straights, 200' reversible runways for the horizontal jumps, a full D-zone for the High Jump, and multiple runways for the Pole Vault. All throws are held adjacent to the stadium with brushed concrete circles and a Beynon BSS-1000 Javelin runway.
- Spikes:** ¼" pyramid spikes are preferred. 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**.
- Concessions:** Concession stand will be open for the Captains Classic meet.
- 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. *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/Decathlon fees**)
Team Rate is \$20 per individual or relay. **\$40 for Heptathlon/Decathlon 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
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Meet Schedule

(subject to change)

<u>Friday Field Events (High School Meet)</u>		<u>Friday Track Events (High School Meet)</u>	
4:00pm	Boys' High Jump Girls' Pole Vault B/G Long Jump Boys' Shot Put Girls' Discus	4:00pm	B/G 3200m (Open) B/G 100 Prelims B/G 4x800m Relay 110m/100m Hurdles Prelims B/G 3200m Invitational B/G 200m
<u>Saturday Field Events</u>		<u>Saturday Track Events</u>	
9:00am	Girls' High Jump Boys' Pole Vault B/G Triple Jump Girls' Shot Put Boys' Discus	9:00am	B/G 1600m (Open) B/G 4x100m Relay B/G 1600m Invitational 110m/100m Hurdles Finals B/G 400m B/G 100m Finals B/G 300m Hurdles B/G 800m
Noon	M Hammer Throw W Javelin	12:15pm	W 3k Steeplechase M 3k Steeplechase W 4x100m Relay M 4x100m Relay
1:00pm	W Long Jump (outer runway) M Long Jump (inner runway) W Pole Vault	1:00pm	<i>HS 4x400m Relay</i>
2:00pm	M High Jump W Hammer Throw M Javelin	1:30pm	W/M 1500m 100m/110m Hurdles W/M 400m W/M 100m W/M 800m W/M 400m Hurdles W/M 200m W/M 5k or 3k W/M 4x400m Relay
3:00pm	W Triple Jump (outer runway) M Triple Jump (inner runway)		
3:30pm	W High Jump M Pole Vault W Shot Put M Discus		
5:00pm	M Shot Put W Discus		



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Meet Schedule

(subject to change)

Friday Field Events

4:00pm M Hammer
W Javelin
5:30pm W Hammer
M Javelin

Decathlon & Heptathlon events will run on a rolling schedule with 30min breaks

Friday Track Events

4:00pm Decathlon 100m
4:15pm Heptathlon 100m Hurdles
5:30pm W 5,000m
6:00pm M 5,000m
6:30pm M/W 10,000m
~7:30pm Heptathlon 200m
~8:15pm Decathlon 400m

Saturday Field Events

11:00am W Long Jump (outer runway)
M Long Jump (inner runway)
W Pole Vault
M Shot Put
W Discus

Noon M High Jump

1:00pm Heptathlon Long Jump
M Pole Vault
W Shot Put

2:00pm W Triple Jump (outer runway)
M Triple Jump (inner runway)

3:00pm W High Jump
M Discus

Saturday Track Events

11:00am W 2k Steeplechase
M 2k Steeplechase
W 3,000m
M 3,000m

Noon W 4x100m Relay
M 4x100m Relay

Alumni Mile

W 1500m
M 1500m

1:00pm W 100m Hurdles
M 110m Hurdles

~1:20pm Decathlon 110m Hurdles

W 400m
M 400m
W 100m
M 100m
W 800m
M 800m
W 400m Hurdles
M 400m Hurdles
W 200m
M 200m

W 3k Steeplechase
M 3k Steeplechase

Alumni 4x4

W 4x400m Relay
M 4x400m Relay



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Combined Events Schedule (Estimated)

<u>Decathlon</u>		<u>Heptathlon</u>	
<u>Day 1</u>		<u>Day 1</u>	
4:00pm	100m	4:15pm	100m Hurdles
<i>4:45pm</i>	Long Jump	<i>5:00pm</i>	High Jump
<i>5:45pm</i>	Shot Put	<i>6:30pm</i>	Shot Put
<i>6:45pm</i>	High Jump	<i>7:30pm</i>	200m
<i>8:15pm</i>	400m		
<u>Day 2</u>		<u>Day 2</u>	
~1:20pm	110m Hurdles	1:00pm	Long Jump
<i>2:00pm</i>	Discus	<i>2:00pm</i>	Javelin
<i>3:00pm</i>	Pole Vault	<i>3:00pm</i>	800m
<i>5:00pm</i>	Javelin		
<i>6:00pm</i>	1500m		

Hep/Dec events start at minimum 30 minutes after the conclusion of the preceding event.