



CNU'S 2017 OUTDOOR MEET SERIES

Captains Classic & Combined Events – Friday-Saturday, April 14th-15th
CNU Heptathlon/Decathlon Qualifier – Saturday-Sunday, May 6th-7th

Meet Information

- Scoring:** *Division I Schools will be scored against each other to ensure our meets count towards your minimum participation numbers.*
- 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.*
- 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**)
\$20 per individual or relay. **\$30 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.
- More Info:** Meet information and results will be available via CNUsports.com and directly at <http://TFXC.groups.cnu.edu/meet-info/college-outdoor-meets>

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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

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

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 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.



CNU'S 2017 OUTDOOR MEET SERIES

CNU Heptathlon/Decathlon Qualifier – Saturday-Sunday, May 6th-7th

Combined Events Schedule (Estimated)

Day 1 Schedule

2:00pm	Decathlon 100m
2:30pm	Heptathlon 100m Hurdles
2:45pm	Decathlon Long Jump
3:15pm	Heptathlon High Jump
4:15pm	Decathlon Shot Put
4:45pm	Heptathlon Shot Put
5:15pm	Decathlon High Jump
6:15pm	Heptathlon 200m
6:45pm	Decathlon 400m

Day 2 Schedule

1:00pm	Decathlon 110m Hurdles
1:15pm	Heptathlon Long Jump
1:45pm	Decathlon Discus
2:15pm	Heptathlon Javelin
2:45pm	Decathlon Pole Vault
3:45pm	Heptathlon 800m
4:15pm	Decathlon Javelin
5:15pm	Decathlon 1500m

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

Start times are flexible based on entries.