



COMMONWEALTH DUALS 2017

CNU- Virginia Wesleyan
Saturday, March 25th, 2017

Meet Schedule

(subject to change)

<u>Field Events</u>		<u>Track Events</u>	<i>Timed finals (fast heats to slow)</i>
1:30pm	M Pole Vault M/W Long Jump M Hammer W Javelin	1:30pm	M 3k Steeplechase
<hr/>		2:15pm	W 4x100m Relay
2:30pm	W High Jump W Hammer M Javelin	2:20pm	M 4x100m Relay
<hr/>		2:25pm	W 1500m
3:30pm	W Pole Vault M/W Triple Jump W Shot Put M Discus	2:35pm	M 1500m
<hr/>		2:50pm	W 100m Hurdles
4:30pm	M High Jump M Shot Put W Discus	3:00pm	M 110m Hurdles
		3:10pm	W 400m
		3:15pm	M 400m
		3:20pm	W 100m
		3:25pm	M 100m
		3:35pm	W 800m
		3:40pm	M 800m
		3:50pm	W 400mHurdles
		3:55pm	M 400mHurdles
		4:05pm	W 200m
		4:10pm	M 200m
		4:25pm	W 3k Steeplechase
		4:45pm	W 4x400m Relay
		4:55pm	M 4x400m Relay

Event Procedures:

- **Track Events**
 - No special seeding arrangements will be made (by agreement of the Head Coaches)
 - Each team will have one designated scoring relay entry ("A" team) in the first section and will be assigned preferred lanes. Additional lanes and sections may be filled with "B" teams.
- **Field Events**
 - The men's & women's High Jump and Pole Vault will be contested as normal.
 - The Horizontal Events will be contested in single flights – 4 attempts for all competitors.