



COMMONWEALTH DUALS 2017

CNU-VA Wesleyan
Saturday, March 25th, 2017

Meet Information

- Scoring:** Multi-Dual scoring (5-3-1 for individual events, 5-0 for relays).
- 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 Athletics 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**.
- Locker Rooms:** Locker rooms will be available by **prior request only**.
- Concessions:** Concession stand will be open for the meet.
- Entries:** No entry limits planned. **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 **Wednesday** prior to the meet. All entries at this point will be considered final and declared.
- Preliminary entry lists will be posted on the meet information site via CNUsports.com by the **Thursday** prior to the meet. Please submit scratches to twingard@cnu.edu (or fax to 757-594-7839) by 5:00pm on the **Friday** prior to the meet.
- Final heat sheets and schedules will be posted by the **Friday** prior to the meet.
- Entry Fees:** **\$200 per school**. Please make checks payable to Christopher Newport University.
- More Info:** Meet information and results will be available via CNUsports.com and directly at <http://TFXC.groups.cnu.edu/meet-info/commonwealth-duals>

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Meet Schedule

(subject to change)

<u>Field Events</u>		<u>Track Events</u>	<i>Timed finals (fast heats to slow)</i>
1:30pm	W High Jump M Pole Vault M/W Seeded Long Jump M Seeded Hammer W Seeded Javelin <i>M Unseeded Shot Put</i>	1:30pm	3k Steeplechase
2:30pm	<i>M/W Unseeded Long Jump</i> W Seeded Hammer M Seeded Javelin <i>W Unseeded Shot Put</i>	2:15pm 2:25pm 2:45pm 3:05pm	4x100m Relay 1500m 100m/110m Hurdles 400m
3:30pm	M High Jump W Pole Vault M/W Triple Jump W Seeded Shot Put M Seeded Discus <i>M Unseeded Javelin</i>	3:20pm 3:35pm 3:50pm 4:10pm 4:25pm 5:10pm	100m 800m 400m Hurdles 200m 5,000m 4x400m Relay
4:30pm	<i>M/W Unseeded Triple Jump</i> M Seeded Shot Put M Seeded Discus <i>W Unseeded Javelin</i>		<i>Women followed by Men</i>

Event Procedures:

- **Track Events**
 - In events beginning and ending in lanes, the top entry from each team will be seeded in to the first section, with the remaining lanes filled by the next highest seeds of the #2 runners. All remaining sections will be seeded by time without regard to team affiliation.
 - The fast section of the 800m will the top two entries from each team.
 - The fast section of the 1500m will consist of the top 3 entries from each team.
 - The Steeplechase and 5k will be run as single sections.
 - 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 "seeded" and "unseeded" flights that may be combined depending on field sizes. The seeded flights will consist of the top two entries from each team. The remainder of the entries will compete in the unseeded flights.
 - *Unseeded flights for the Hammer and Discus will be scheduled prior to the Men's Seeded Hammer as agreed upon by the participating coaches after entries are submitted.*



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