



Mason-Dixon Conference

Indoor Track & Field

Championships

Saturday, February 16, 2013

Hosted by Christopher Newport University
Newport News, VA

Meet Information

- 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, two pole vault pits (configuration dependent upon entries), and a wooden throwing circle.
- Spikes:** ¼" pyramid spikes only – no needle or "Christmas tree" spikes allowed. Shoes will be checked by the clerks. 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 Chris Jones at 757-594-7023
- Locker Rooms:** Locker rooms will be available. Please supply your own towels.
- Entries:** Each team is allowed 4 entries per individual event and 1 entry for each relay. Additional individual entries are allowed only if **all** entries for that event rank in the top 10 on the Conference Performance List on the Tuesday prior to the meet.
- Team and individual entries must be done online at www.directathletics.com
Preliminary entries are due on **Wednesday, February 13th at 9:00pm**.
Performance lists will be posted on the meet information page on **Thursday**.
Challenges are due to the Commissioner by **Thursday, February 14th at 5:00pm**.
- Final scratches are due by **10:00am** on **Saturday** (one hour prior to the start of the Championships). Heat sheets will be provided soon after.
- Entry Fees:** Please make sure that you have paid your Conference dues. If you have yet to remit, please bring \$100 cash (per gender) or a check payable to **Mason-Dixon Conference**.
- More Info:** Meet information and results will be available via CNUsports.com and directly at <http://TFXC.groups.cnu.edu/meet-info/mason-dixon-championships>

See you at the meet!

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Commissioner
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Meet Schedule

Implement Weigh-In: 9:30-10:00am

Coaches' Meeting at 9:30am

Scratches Due by 10:00am

Field Events

11:00am	W Weight Throw W Pole Vault W Long Jump (east pit) M Long Jump (west pit)
Noon	W High Jump
12:30pm	M Weight Throw
1:00pm	M Pole Vault
1:30pm	W Triple Jump (east pit) M Triple Jump (east pit)
2:00pm	M High Jump W Shot Put
3:45pm	M Shot Put

Track Events

Timed finals (slow to fast) unless otherwise indicated

Women followed by Men

11:00am	60m Hurdles	prelims-if necessary
11:20pm	60m	prelims-if necessary
<i>(minimum 15 minute break)</i>		
Noon	60m Hurdles	semi-finals
12:20pm	60m	semi-finals
12:45pm	Mile	
1:20pm	60m Hurdles	finals
1:35pm	400m	
2:20pm	60m	finals
2:30pm	800m	
3:00pm	200m	
3:45pm	5,000m	
4:30pm	4x400m Relay	
4:55pm	Distance Medley Relay	

Awards Ceremony

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