

# Meet Of Champions

*Presented by Norris Woody*

Vert Stadium, High Point University, High Point, NC

Saturday, April 15, 2023

## **UPDATED SCHEDULE AS OF 4/12/23 7:30pm**

**Teams-** Campbell (Big South), Charleston Southern (Big South), Charlotte(C-USA), Elon (CAA) George Mason (A-10), High Point (Big South), William & Mary (CAA)

**Timing-** Flash Results.

**Meet Coordinator-** DePaul Mittman/Mittman Athletic Consulting (336) 255-3403

**Meet Director/Questions-** Scott Hall, Associate Head Coach; 336-416-2867-cell <shall1@highpoint.edu>

**Entry-** Unlimited entry for running events; limit of 4 entries/field event so we can keep it to a max of 1-2 small flights. If you need another spot in a field event, let us know. Entry will be on Direct Athletics. There will be an entry fee of \$600/gender per team.

**Meet Format-** This one-day meet will be conducted by NCAA rules. Championship scoring (for 6+ teams) > 10-8-6-5-4-3-2-1; Teams may enter 2 relay teams with only best team scoring.

### **Tentative Time Schedule**

**Decathlon-** *(8 athletes only by invitation only)*

4/14> Friday >>Day 1> 2pm- 100m; Long Jump; Shot Put, High Jump, 400m

4/15> Saturday>> 2> 9:30am- 110mHH; Discus, Pole Vault, Javelin; 1500m

**Field Events** *(Long Throws will roll Hammer> javelin> discus/start times are approximate)*

10:00am-	Hammer (women (2 flights followed by men 1 flight)
10:10am	DECA Discus (south ring)
10:30am	Shot Put (men (1 flight) followed by women (1 flight)
11:20am	DECA Pole Vault
12:30pm	Javelin (men-1 flight followed by DECA Javelin if PV is completed then women-1 flight)
1:00pm	High Jump (men (10 athletes followed by women-12 athletes) Long Jump women-2 flights (Pit A) Men- 1 flight (Pit B) followed 30 minutes later by Triple Jump-women- 1 flight (Pit A)/Men- 1 flight (Pit B)
1:30pm	Pole Vault (women (21 athletes followed by men-22 athletes)
3:30pm	Discus (men- 1 flight followed by women- 1 flight)

**Running Events-** *Women then Men*

3:00pm	3000m Steeplechase (1 heat each)
3:30pm	400m Relay (1 heat each)
3:40pm	1500m (3 heats-women/2 heats-men)
4:15pm	100m H/110m HH (2 heats- women/2 heats-men)
4:35pm	400m (3 heats each)
4:50pm	100m (2 heats-women/3 heats-men)
5:05pm	800m (3 heats-women/2 heats-men)
5:25pm	400m IH (2 heats each)
5:40pm	200m (4 heats-women/3 heats-men)
5:55pm	5000m (1 heat each)
6:35pm	1600m Relay (1 heat each)
6:40pm	Awards Ceremony