



## Track & Field Meet



Friday July 24 – Sunday July 26, 2009  
Duke University – Wallace Wade Stadium  
Durham, NC

**ELIGIBILITY:** Open to any athlete that falls within the age divisions listed below and meet qualification standards. The maximum event entry limit for this meet is four events for age groups Youth thru Young (13-14 thru 17-18). Athletes in age groups Sub-bantam thru Midget (8&U thru 11-12) can only compete in a maximum of three events, including relays

**AGE DIV.:** Age divisions are determined by year of birth.

Sub Bantam	8 & U	2001 and after
Bantam	9-10	1999 – 2000
Midget	11-12	1997- 1998
Youth	13 - 14	1995 - 1996
Intermediate	15 - 16	1993 - 1994
Young M/W	17 – 18	1991– 1992

In the Young Men/Women division, an athlete is considered 18 if his/her 19<sup>th</sup> birthday falls on or after August 3, 2009. An athlete must compete in his/her age division and may compete up in age group ONLY in the Pole Vault and 4x800, as indicated.

**ENTRY INFO:** Entry fee is \$9.00 for each individual event an athlete enters and \$16.00 per relay team. No entry fee will be transferred or refunded. Bring a legible copy of a birth certificate or proof of age for each athlete entered; do not send in advance.

There is no entry fee for Mothers/Fathers/Coaches relays; for these relays must be done at package pickup no later than July 25.

**ENTRY PROCESS** Entries and changes can only be made *on-line* at [http://coachoregistration.com/cgi-bin/login.pl?cd=nc\\_durhamstriders](http://coachoregistration.com/cgi-bin/login.pl?cd=nc_durhamstriders) or [www.CoachO.com](http://www.CoachO.com). At the conclusion of the entry process you will be required to pay your fees on-line with a VISA or MasterCard. If you are unfamiliar with CoachO.com on-line meet entry process, click the Help button on the Main Menu and read the topic *How to enter a meet*. On-line meet entry will be available from mid April until the deadline, July 14. Performance list and time schedule will be placed on our web site on July 17.

**PERFORMANCE:** Athletes that do not meet qualifying standards will not be allowed to enter the meet. Teams with athletes that do not perform reasonably close to qualifying standards will not be allowed to participate in future Russell E. Blunt ECI's.

**RELAYS:** A maximum of 2 relay teams, 'A' and 'B', per event per age division will be allowed. Four (4) members and two (2) alternates may be entered per relay. Relay entries count towards event maximums. Relay uniforms must conform to USATF rules.

- AWARDS:** The top six finishers in each event will receive awards. Team awards will be presented to the top two point winners in the overall team, overall male/female team, and the top point winners in the overall male/female for each age group. First place relay teams members will receive a *Championship Baton*. Outstanding Athlete Award for each age division. *THE RUSSELL E. BLUNT AWARD* to the winning 17-18 male/female in the 800 meters.
- EQUIPMENT:** Athletes must use the starting blocks and batons provided by the meet. Throwers must provide their own implement. Throwing implements will be weighed in designated area on Friday from 8:30-10:00 a.m., on Saturday from 8:00-10:00 a.m. and 2:00-3:00 p.m., on Sunday from 8:00-9:30 am and 11:30 a.m. - 1:00 p.m.
- SPONSORS:** Durham Striders Track Club, Inc., 9th Street Active Feet (Durham), and Duke University
- SANCTION:** NC USATF
- ENDORSED:** NC Amateur Sports.
- RULES:** USATF rules of competition will apply.
- COMPETITOR NUMBERS:** Competitor numbers must be worn of front of uniform. A \$2.00 fee will be charged to replace lost number.
- FACILITIES:** 400 meter all-weather track. Only ¼" or less spikes allowed. FinishLynx timing. Concession stands open during meet. No tape decks, radios or glass containers allowed in the stadium. Tents and/or umbrellas will not be allowed below marked levels of the stadium.
- Team packets will be available at the track from 6:30 p.m. to 8:30 p.m., Thursday, July 23 or after 8:00 a.m. Friday.
- HOST HOTEL:** *Marriott at RTP, 4700 Guardian Drive, Durham, 27702.* For reservations, go to <http://cwp.marriott.com/rducp/russelleblunt/> . To make reservations by phone, call, 1-800-228-9290 or 919-941-6200.
- MEET DIRECTOR:** Frank W. Davis, Jr. – ([blunteci@durhamstriders.com](mailto:blunteci@durhamstriders.com))

## 2009 BLUNT E.C.I – Qualifying Standards (Running Events in Meters)

Events	<u>Sub-Bantam</u>		<u>Bantam</u>		<u>Midget</u>		<u>Youth</u>		<u>Intermediate</u>		<u>Young</u>	
	<u>Girls</u>	<u>Boys</u>	<u>Girls</u>	<u>Boys</u>	<u>Girls</u>	<u>Boys</u>	<u>Girls</u>	<u>Boys</u>	<u>Girls</u>	<u>Boys</u>	<u>Women</u>	<u>Men</u>
100	16.3	16.0	14.9	14.6	13.6	13.5	13.1	12.3	12.9	11.6	12.8	11.4
200	-----	-----	31.1	30.0	28.0	27.6	26.5	24.9	26.6	23.5	26.0	22.6
400	1:20.0	1:17.0	1:11.5	1:11.0	1:05.7	1:03.5	1:00.5	56.0	59.8	52.6	59.5	50.7
800	-----	-----	2:50.0	2:42.0	2:39.0	2:31.0	2:28.0	2:16.0	2:27.3	2:07.0	2:27.0	2:06.0
1500	6:35.0	6:25.0	5:49.0	5:31.0	5:22.0	5:06.0	5:20.0	4:54.0	5:10.0	4:28.0	5:18	4:25.0
3000	-----	-----	-----	-----	12:00.0	11:15.0	11:20.0	10:20	11:40.0	9:50	11:40.0	9:48-
High	-----	-----	-----	-----	14.9	14.8	16.7	16.2	17.10	16.9	16.7	15.8
Hurdles	-----	-----	-----	-----	80/30"	80/30"	100/30"	100/33"	100/33"	110/39"	100/33"	110/39"
Interm.	-----	-----	-----	-----	-----	-----	31.5	30.0	1:13.0	1:02.0	1:10.0	59.1
Hurdles	-----	-----	-----	-----	-----	-----	200/30"	200/30"	400/30"	400/36"	400/30"	400/36"
4X100	1:12.0	1:10.0	1:04.0	1:01.0	56.8	56.0	52.0	50.0	51.1	45.5	51.0	43.8
4X400	-----	-----	5:34.0	5:20.0	4:44.0	4:36.0	4:18.0	4:00.0	4:16.0	3:40.0	4:13	3:30.0
4x800 ***	-----	-----	-----	-----	-----	-----	11:05.0	9:55.0	-----	-----	10:58	8:41.0
LJ **	9'0"	10'4"	11'7"	12'6"	13'8	15'0"	15'5"	17'8"	15'11"	19'5'	16'7"	21'0"
TJ **	-----	-----	-----	-----	-----	-----	31'0"	33'2"	33'5"	38'0"	33'7"	42'0"
HJ *	-----	-----	3'5"	3'9"	4'2"	4'4"	4'8"	5'0"	4'8"	5'9"	4'10"	6'1"
Pole Vault	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	7'6"	12'5"
Shot Put **	-----	-----	17'10"	21'00"	25'0"	30'5"	33'0"	38'0"	33'0"	40'0"	33'1"	45'00"
	-----	-----	-----	-----	6 lbs	6 lbs	6 lbs	4 kg	4 kg	12 lbs	4 kg	12 lbs
Discus **	-----	-----	-----	-----	54'0"	70'0"	80'0"	114'0"	96'0"	120'0"	102'0"	138'0"
	-----	-----	-----	-----	1kg	1kg	1kg	1kg	1kg	1.6kg	1kg	1.6kg
Mini Jav **	-----	-----	37'9"	60'4"	40'2"	80'9"	-----	-----	-----	-----	-----	-----
	-----	-----	300g	300g	300g	300g	-----	-----	-----	-----	-----	-----
Javelin	-----	-----	-----	-----	-----	-----	68'3"	104'8"	78'7"	126'6"	82'0"	142'7"
	-----	-----	-----	-----	-----	-----	600g	600g	600g	800g	600g	800g

\* *STARTING HEIGHT IN HIGH JUMP WILL BE 4" BELOW QUALIFYING STANDARD; POLE VAULT 1' BELOW.*

\*\* *DISTANCES 1 FOOT OR MORE BELOW QUALIFYING STANDARDS WILL NOT BE MEASURED*

\*\*\* *Athletes must compete in his/her age division except in the Pole vault (18 & under) and 4x800 (14&under and 15-18). Coaches must email request to enter younger athletes in those events.*

### RUNNING EVENTS:

Friday, July 24	Saturday, July 25	Sunday, July 26 - (All Finals)
10:00 am	8:30 am	9:00 am - 6:30 pm
3000 M Run (Final)	1500 M Run (Final)	800 M Run
200 M Hurdles (Final)	80 M Hurdles (Semis)	Mothers/Fathers/Coaches 4 X 100 Relays
400 M Int. Hurdles (Final)	100 M Hurdles (Semis)	Opening Ceremonies
4 X 800 M Relay (Finals)	110 M Hurdles (Semis)	80 M Hurdles
200 M Dash (Trial)	100 M Dash (Trials)	100 M Hurdles
4 X 400 M Relay (Semi)	100 M Dash (Semis)	110 M Hurdles
	400 M Dash (Semis)	100 M Dash
	200 M Dash (Semis)	400 M Dash
	4 X 100 M Relay (Semis)	200 M Dash
		Outstanding Athlete Awards
		4 X 100 M Relay
		4 X 400 M Relay
		Team Awards

### FIELD EVENTS:

Note: For safety reasons, the Javelin will start at 8:00am on Friday to be completed by 10:00am.

Friday, July 24	Saturday, July 25	Sunday, July 26- (All Finals)
10:00 am	8:30 am	8:30 am - 6:30 pm
High Jump (Bantam, Midget)	High Jump (Youth)	Shot put (Young M/W)
Triple Jump (Youth, Intermediate, Young M/W)	Long Jump (Youth, Intermediate, Young M/W)	High Jump (Intermediate, YM/YW)
Pole Vault (All)	Discus (Youth, Intermediate)	Long Jump (Sub-Bantam, Bantam, Midget)
Shot Put (Bantam, Midget)	Shot Put (Youth, Intermediate)	Discus (Young M/W)
Javelin (Y,I&YM/YW, Starts at 8:00 am)	Mini Javelin (Bantam, Midget)	
Discus (Midget)		

*TIME SCHEDULE WILL BE PLACED ON ([www.durhamstriders.com](http://www.durhamstriders.com)) AFTER SEEDING.*

## RUSSELL E. BLUNT E.C.I. PARTICIPATING HOTELS

<b>Hotel</b>	<b>Rate</b>	<b>Comments</b>	<b>Cutoff</b>	<b>Contact</b>
Marriott at RTP (Meet Headquarters) 4700 Guardian Drive Durham, NC 27702	\$89.00	Duke – 12 mile Free Continental breakfast	June 24	Reservations: <a href="http://cwp.marriott.com/rducip/russelleblunt">http://cwp.marriott.com/rducip/russelleblunt</a> or (800) 228-9290 (919) 941-6200
Comfort Inn University 3508 Mt. Moriah Road Durham, NC 27707	\$79.00	Free Continental breakfast, free local calls, interior corridors, fitness room. Duke - 4 miles.	July 10	Team Reservations (919) 417-3494
Homewood Suites Hotel 3600 Mt. Moriah Road Durham, NC 27707	\$129.00	Free hot breakfast, all- suite hotel with separate living room and kitchen, interior corridors, fitness room – Duke - 4 miles	July 10	Team Reservations (919) 417-3494
Comfort Inn / Duke Medical Park 1816 Hillandale Road Durham, NC 27705	\$79.00	Free continental breakfast, free local calls, interior corridors, fitness room, wireless internet access – Duke - 1 mile	July 10	Team Reservations (919) 417-3494
Hilton Garden Inn @ the RDU Airport 1500 RDU Center Morrisville, NC 27560	\$74.00	Lobby Restaurant featuring full breakfast buffet, lunch and dinner, indoor pool, Jacuzzi, catering department. Duke - 16 miles	July 10	Team Reservations (919) 417-3494
Millennium Hotel 2800 Campus Walk Avenue Durham, NC 27705	\$89.00	Free continental breakfast. Full service restaurant serves breakfast, lunch & dinner; indoor pool; jacuzzi; fitness center; interior corridors; Duke University - 1 mile	July 10	Team Reservations: 919-382-5012 Laura Hollen – Sales Manager
New Cambria Suites Hotel/RTP/RDU 300 Airgate Drive Morrisville, NC 27560	\$85.00	Lobby restaurant featuring full breakfast buffet, lunch and dinner, indoor pool, Jacuzzi, catering department Duke – 14 miles	July 10	Reservations: (919) 417-3494
Wyndham Garden Hotel 4620 South Miami Blvd Durham, NC 27703	\$89.00	Duke – 12 miles Free hot breakfast	June 24	Reservations (919) 941-6066
Homewood Suites by Hilton Raleigh/Durham Airport 4603 Central Park Drive Durham, NC 27703	\$99.00	Complimentary full hot breakfast buffet, complimentary high speed internet service, and an outdoor pool. Duke – 12 miles	July 13	Reservations Cathy Rector, Sales Manager 919-474-9900 Ext 2572

**Be sure to ask for the Russell Blunt East Coast Invitational group rate**

Rates do not include applicable sales and occupancy taxes.