



2023 Russell E. Blunt East Coast Invitational

Friday July 21– Sunday July 23
Durham County Memorial Stadium
750 Stadium Drive
Durham, NC 27704

ELIGIBILITY: Open to any athlete that falls within the age divisions listed below. The maximum event entry limit for this meet is four events for age groups 14-15 thru 17-18. Athletes in age groups 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, i.e., their age on Dec. 31, 2023.

<u>Age Division</u>	<u>Year of Birth</u>
8&Under	2015 and after
9 - 10	2013 – 2014
11 – 12	2011 – 2012
13 – 14	2009 – 2010
15 – 16	2007 – 2008
17 – 18	2005 – 2006 and 2004 if date of birth is after July 30, 2023

An athlete must compete in his/her age division only.

ENTRY INFO: Entries and changes can only be made *on-line at CoachO.com* . If you are unfamiliar with CoachO.com on-line meet entry process, click on Calendar and choose meet. On-line meet entry for the Blunt ECI will be available until the deadline, Sunday, July 16. Performance list and time schedule will be placed on www.durhamstriders.com by July 18. 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 22.

Deadline: Athletes must be entered by midnight Sunday, July 16

Fees: \$12.00 per individual event \$48 per relay event

PAYMENT: By credit card: - Pay on line at CoachO.com by the deadline.

ADMISSION: Daily Spectator Fee \$10.00
Three Day Wrist Band \$25.00

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 2022 USATF rules.

AWARDS: The top six finishers in each event will receive awards. Team awards will be presented to the top 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 team 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 implements. Throwing implements will be weighed in a 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, and Durham Sports Commission.



SANCTION: USATF (*You do not have to be a member of USATF to compete*)

RULES: 2023 USATF rules of competition will apply.

PROTESTS: All protests must be filed at the protest table by the coach or the individual competitor, if not competing for a club. A parent may file for an unattached runner. All coaches **MUST** abide by the USATF rules and any supplemental rules or risk disqualification of an athlete or their team. A **CASH** fee of \$50.00 must be submitted when filing a protest. The money will be returned if the protest is upheld.

COMPETITOR NUMBERS: Competitor numbers must be worn on the front of uniforms. A \$5 fee will be charged to replace a lost number.

COVERAGE: Live Results – <https://results.durhamstriders.com/>

FACILITIES: 400-meter all-weather track. *Only ¼” or less spikes allowed.* FinishLynx timing by “Durham Striders Timing & Meet Management”. Concession stands will be open during meet. No tape decks, radios or glass containers allowed in the stadium. Tents and/or umbrellas will be allowed in designated areas of the stadium.

Team packets will be available at the track from 6:30 p.m. to 8:30 p.m., Thursday, July 14 and after 8:00 a.m. Friday.

HOST HOTEL: COURTYARD BY MARRIOTT
1815 Front Street
Durham, NC 27705
(919) 309-1500

MEET DIRECTOR: Frank W. Davis, Jr. – (blunteci@durhamstriders.com)

WEBSITE: www.durhamstriders.com/blunteci/

2023 BLUNT E.C.I – Performance Guidelines (In Meters)

Events	<u>8&Under</u>		<u>9-10</u>		<u>11-12</u>		<u>13-14</u>		<u>15-16</u>		<u>17-18</u>	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Women	Men
100	16.35	16.20	14.85	14.50	13.70	13.40	13.00	12.00	12.70	11.50	12.65	11.30
200	35.80	34.00	31.50	30.50	28.50	27.50	26.80	24.50	25.50	23.00	25.80	22.60
400	1:25.30	1:20.50	1:12.50	1:10.50	1:05.50	1:03.00	1:01.80	56.00	59.80	52.20	59.85	51.00
800	3:22.20	3:09.80	2:50.80	2:45.00	2:42.00	2:29.00	2:30.00	2:12.50	2:29.00	2:06.50	2:20.00	2:01.70
1500	7:20.50	6:32.00	5:55.50	5:29.00	5:20.0	5:03.50	5:10.50	4:30.00	5:10.0	4:20.50	5:13.00	4:14.00
3000	-----				12:18.00	10:59.00	11:40.00	9:59.00	11:37.00	9:50.00	11:40.00	9:50.00
High Hurdles	-----	-----	-----	-----	16.50 80/30"	15.50 80/30"	16.80 100/30"	17.45 100/33"	16.80 100/33"	17.50 110/39"	15.70 100/33"	15.40 110/39"
Inter. Hurdles	-----	-----	-----	-----	-----	-----	30.90 200/30"	29.80 200/30"	1:13.00 400/30"	1:05.00 400/36"	1:08.50 400/30"	59.00 400/36"
4X100	1:13.80	1:10.00	1:03.50	1:03.50	57.55	56.00	54.00	50.50	51.75	45.80	50.50	44.50
4X400	6:05.00	5:50.00	5:32.00	5:18.00	4:48.50	4:30.50	4:30.00	4:05.00	4:18.00	3:44.90	4:14.00	3:34.00
4x800 **	-----	-----	-----	-----	-----	-----	11:00.00	9:58.00	-----	-----	10:30.00	8:29.0
LJ ***	2.40m	2.78m	3.40m	3.77m	4.20m	4.38m	4.50m	5.00m	4.85m	5.60m	5.15m	6.32m
TJ ***	-----	-----	-----	-----	-----	-----	9.14m	9.50m	9.90m	11.06m	10.38m	12.40m
HJ ***	-----	-----	1.05m	1.05m	1.30m	1.30	1.40m	1.55m	1.50m	1.70m	1.55m	1.80m
Pole Vault ***	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	2.90	4.10m
Shot Put ***	3.00m 2kg	3.46m 2kg	5.10m 6lbs	5.40m 6lb	7.25m 6 lb	8.50m 6 lb	10.20m 6 lb	10.30m 4 kg	9.88m 4 kg	12.00m 12 lbs	10.50m 4 kg	14.00m 12 lb
Discus ***	-----	-----	-----	-----	15.40m 1kg	18.00m 1kg	24.90m 1kg	31.70m 1kg	30.80m 1kg	36.00m 1.6kg	33.50m 1kg	40.80m 1.6kg
Mini Jav ***	7.00m 300g	12.50m 300g	11.50m 300g	19.90m 300g	-----	-----	-----	-----	-----	-----	-----	-----
Aero Jav ***					10.40 450g	15.30 450g.						
Javelin ***	-----	-----	-----	-----	-----	-----	22.00m 600g	29.35m 600g	25.00m 600g	34.00m 800g	26.60m 600g	41.02m 800g

- ** The 11-12 & 13-14 age groups athletes will be combined to form 11-14 4x800m relay teams. The 15-16 & 17-18 age groups will be combined to form 15-18 4x800 m relay teams.

***Starting Heights and Minimum “Distances to Measure” (In Meters)

Events	<u>8&Under</u>		<u>9-10</u>		<u>11-12</u>		<u>13-14</u>		<u>15-16</u>		<u>17-18</u>	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Women	Men
LJ	2.1	2.48	3.10	3.47	3.90	4.08	4.20	4.70	4.55m	5.30	4.85	6.02
TJ	-----	-----	-----	-----	-----	-----	8.84	9.20	9.60	10.76	10.08	12.10
HJ	-----	-----	1.00	1.00	1.20	1.20	1.30	1.45	1.40	1.60	1.45	1.70
Pole Vault							-----	-----	-----	-----	2.60	3.80
Shot Put	2.70 2kg	3.16 2kg	4.80 6lbs	5.10 6lb	6.95 6 lb	8.20 6 lb	9.90 6 lb	10.00 4 kg	9.58 4 kg	11.70 12 lbs	10.20 4 kg	13.70 12 lb
Discus	-----	-----	-----	-----	15.10 1kg	17.70 1kg	24.60 1kg	31.40 1kg	30.50 1kg	35.70 1.6kg	33.20 1kg	40.50 1.6kg
Mini Jav	6.70 300g	12.20 300g	11.20 300g	19.60 300g	-----	-----	-----	-----	-----	-----	-----	-----
Aero Jav					10.10 450g	15.00 450g						
Javelin	-----	-----	-----	-----	-----	-----	21.70 600g	29.05 600g	24.70 600g	33.70 800g	26.30 600g	40.72 800g

*First jump/throw will be measured; all others must meet minimum to be measured.
Entries in the Pole Vault will be combined and contested as 18 & Under.*

2023 BLUNT ECI TIME SCHEDULE (Tentative)

(Final time schedule will be posted on website after entries are received)

Girls followed by boys, younger age groups followed by older age groups in most cases

FRIDAY		
Running Events		
3000 Meter Run	Final	10:00 a.m.
200 Meter Hurdles	Final	12:00 p.m.
400 Meter Hurdles	Final	12:20
200 Meter Dash	Semi	1:00
4x800 Meter Relay	Final	
Field Events		
Javelin	All	9:00 a.m.
Pole Vault	All	10:00
Triple Jump	13-14	11:00
	15-16	12:30 p.m.
	17-18	2:00
High Jump	9-10	11:00
	11-12	1:00 p.m.
Discus	11-12	11:00
Shot Put	8&Under	11:00
	9-10	12:00 p.m.
	11-12	1:30

SATURDAY		
Running Events		
1500 Meter Run		9:00 a.m.
80 Meter Hurdles	Semi	10:30
100 Meter High Hurdles	Semi	10:45
110 Meter High Hurdles	Semi	11:30 pm
100 Meter Dash	Semi	12:00
400 Meter Dash	Semi	2:00
4x100 Meter Relay	Final	4:00
Field Events		
Mini/Areo-Javelin	All	9:00 a.m.
Long Jump	13-14	9:00
	15-16	1100
	17-18	1:00 p.m.
Discus	13-14 G	9:00
	13-14 B	10:30
	15-16 G	12:00
	15-16 B	1:30
Shot Put	15-16 G	9:00
	15-16 B	10:30
	13-14 G	12:00 p.m.
	13-14 B	1:30
High Jump	13-14 G	12:00 p.m.
	13-14 B	1:00

SUNDAY (ALL FINALS)	
Running Event	
800 Meter Run	9:30 a.m.
Parents/Coaches 4x100 M Relays 11:00	
Opening Ceremony 12:00 p.m.	
80 Meter Hurdles	12:30
100 Meter Hurdles	12:50
110 Meter Hurdles	1:10
100 Meter Dash	1:20
400 Meter Dash	2:00
200 Meter Dash	3:30
Outstanding Athletes Presentation 4:30	
4 X 400 Meter Relay	5:30
Team Awards	

Field Events		
Shot Put	17-18 W	9:30 a.m.
	17-18 M	10:30
Long Jump	8&Under	9:30
	9-10	10:30
	11-12	12:00 p.m.
Discus	17-18 W	12:30
	17-18 M	1:30
High Jump	15-18 W	9:30
	15-18 M	12:30

THE MEET MAY MOVE UP TO 30 MIN AHEAD OF TIME SCHEDULE.

If 8 or less report to the semis, the event will run as a final at the scheduled time for the finals

All 4x100m relays will be run on Saturday as time finals

All 4x400m relays will be run on Sunday as time finals

2023 RUSSELL E. BLUNT ECI PARTICIPATING HOTELS

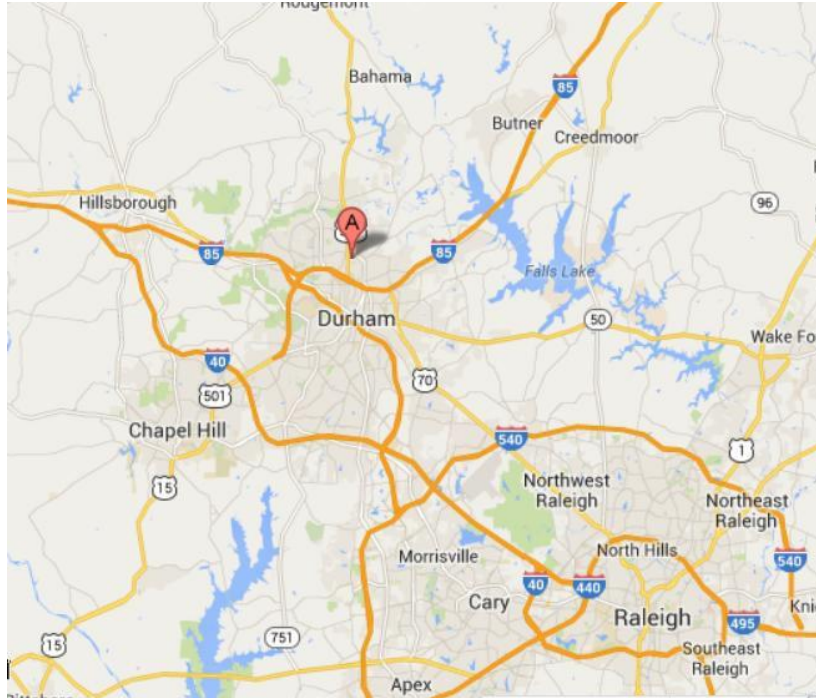
(More to be added)

Hotel	Rate	Comments	Cutoff	Contact
Courtyard by Marriott Near Duke University 1815 Front Street Durham, NC 27705	\$109.00	Complimentary high-speed wireless internet access DCMS – 2.5 mile	July 6	Blunt ECI Reservation Link (919) 309-1500 Deanna Kaklamanos Director of Sales
Hampton Inn & Suites North I-85 1542 North Gregson Street Durham, NC 27701	\$155.00	Complimentary deluxe hot breakfast, complimentary high-speed wireless internet access DCMS – 1.5 miles	June 21	Blunt ECI Reservation Link (919) 688-8880 Jess Blankenship Regional Sales Manager
SpringHill Suites Raleigh Durham Airport 920 Slater Road Durham, NC 27703	\$125.00	Complimentary breakfast & internet DCMS – 14 miles	June 30	Blunt ECI Reservation Link (919) 998-9500
Hilton Durham Near Duke University 3800 Hillsborough Road Durham, NC 27705	\$149.00	Complimentary high-speed wireless internet access DCMS – 4.5 mile	June 19	Blunt ECI Reservation Link 919) 383-8033 James Belmonte Director of Sales
Comfort Inn & Suites Duke University-Downtown 1816 Hillandale Road Durham, NC 27705	\$129.00	Complimentary breakfast & internet DCMS – 2.5 miles	June 21	Blunt ECI Reservation Link (919) 724-4566

Be sure to ask for the Russell E. Blunt ECI group rate
Rates do not include applicable sales and occupancy taxes.

Directions to the **DURHAM COUNTY MEMORIAL STADIUM**

750 Stadium Drive
Durham, NC 27704



From Greensboro: (40 East/ North 85 Business)

Travel on Interstate 85 North into Durham toward Burlington/Durham. Once in Durham take exit 176B on right and merge onto US-501 North/ North Duke Street. After one and a half miles take a right onto Stadium Drive, Stadium is on the left.

From Virginia (I-85 South)

Merge onto I-85 S via the ramp to Durham, NC Take exit 176 for U.S. 501 North/ North Duke Street. Turn right onto US-501 North/ N. Duke Street, continue one and a half miles, take a right onto Stadium Drive and Stadium is located on the left.

From Southwest Raleigh

Merge onto I-40 West toward I-440 North. Take exit 279B for N Carolina 147 North toward Durham/Downtown (approximately 21 miles) Merge onto NC-147 N (go approximately 7 miles). Exit onto South Duke Street, keep left, and continue on North Duke Street. Stay on N. Duke Street four miles Turn right onto Stadium Drive and Stadium is on the left.

From North Raleigh

Proceed onto I-540 West. Take exit 4B to onto US-70 W/Glenwood Ave toward Durham Continue to follow US-70 W (go approximately 10 miles). . Keep left at the fork; follow signs for US-15 S/US-70 W/ Greensboro/ I-85 South and merge onto I-85 S/US- 15 S/US-70 W. Take exit 176 (to the right) for U.S. 501 N/ Duke Street Turn right onto US-501 N/N/Duke Street. Go approximately one- and one-half miles turn right onto Stadium Drive Stadium is located on the left.