



## Track & Field Meet



Friday July 19 – Sunday July 21, 2013  
Durham County Memorial Stadium  
750 Stadium Drive  
Durham, NC 27704

**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, i.e., their age on Dec. 31, 2013.

| <u>Age Division</u> | <u>Year of Birth</u>   |
|---------------------|--|
| 8 & Under           | 2005 and after   |
| 9 – 10              | 2003 – 2004  |
| 11 – 12             | 2001 – 2002  |
| 13 – 14             | 1999 – 2000  |
| 15 – 16             | 1997 – 1998  |
| 17 – 18             | 1995 – 1996 and 1994 if date of birth is after July 28, 2013 |

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

**ENTRY INFO:** Entries and changes can only be made *on-line* at [CoachO.com](http://CoachO.com) If you are unfamiliar with [CoachO.com](http://CoachO.com) on-line meet entry process, click on Calendar and choose meet. On-line meet entry for the Blunt ECI will be available from mid April until the deadline, July 12. Performance list and time schedule will be placed on [www.durhamstriders.com](http://www.durhamstriders.com) by July 14. No faxed or mailed entries will be accepted. 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 20.

**Deadline:** Athletes must be entered by midnight Friday, July 12

**Fees:** \$9.00 per individual event \$24 per relay event

**PAYMENT:** By credit card - Pay on line at CoachO.com by the deadline by charging to VISA or MasterCard

By mail - Certified checks or money orders only. *Personal or club checks will not be accepted, Fees must be received, not postmarked by the entry deadline.*

Mail fees payable to: Durham Striders  
PO Box 15758  
Durham, NC 27704

**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 2013 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 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)

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

**ENDORSED BY:** NC Amateur Sports.

**RULES:** 2013 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 front of uniform. A \$5 fee will be charged to replace lost number.

**FACILITIES:** 400 meter all-weather track. Only 1/4" 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 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 18 or after 8:00 a.m. Friday.

**HOST HOTEL:** [Hampton Inn & Suites](#)  
1542 N Gregson St  
Durham NC 27701

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

**WEBSITE:** [www.durhamstriders.com](http://www.durhamstriders.com)

## 2013 BLUNT E.C.I – Qualifying Standards (In Meters)

| Events         | 8&Under       |               | 9-10           |                | 11-12           |                 | 13-14            |                  | 15-16              |                    | 17-18              |                    |
|----------------|---------------|---------------|----------------|----------------|-----------------|-----------------|------------------|------------------|--------------------|--------------------|--------------------|--------------------|
|                | Girls         | Boys          | Girls          | Boys           | Girls           | Boys            | Girls            | Boys             | Girls              | Boys               | Women              | Men                |
| 100            | 16.35         | 16.15         | 14.85          | 14.65          | 13.70           | 13.55           | 13.00            | 12.38            | 12.86              | 11.54              | 12.85              | 11.50              |
| 200            | 37.25         | 34.50         | 31.80          | 30.50          | 28.95           | 27.54           | 27.00            | 25.45            | 26.00              | 23.50              | 25.98              | 22.95              |
| 400            | 1:23.90       | 1:22.00       | 1:12.75        | 1:10.50        | 1:06.00         | 1:04.68         | 1:03.40          | 56.85            | 59.85              | 52.90              | 59.80              | 51.80              |
| 800            | 3:27.00       | 3:30.00       | 2:50.80        | 2:43.50        | 2:40.45         | 2:30.75         | 2:34.00          | 2:15.60          | 2:30.55            | 2:07.85            | 2:29.70            | 2:03.90            |
| 1500           | 7:40.00       | 7:30.00       | 5:55.50        | 5:34.80        | 5:25.40         | 5:15.50         | 5:20.30          | 4:54.00          | 5:19.80            | 4:25.90            | 5:18.75            | 4:10.85            |
| 3000           | -----         |               |                |                | 11:50.80        | 11:00.00        | 11:22.50         | 10:28.50         | 11:22.00           | 10:20.50           | 11:38.80           | 10:05.30           |
| High Hurdles   | -----         |               |                |                | 15.50<br>80/30" | 15.42<br>80/30" | 16.88<br>100/30" | 16.80<br>100/33" | 16.99<br>100/33"   | 16.75<br>110/39"   | 16.55<br>100/33"   | 15.95<br>110/39"   |
| Inter. Hurdles | -----         | -----         | -----          | -----          | -----           | -----           | 30.62<br>200/30" | 29.95<br>200/30" | 1:13.75<br>400/30" | 1:04.00<br>400/36" | 1:12.50<br>400/30" | 1:03.55<br>400/36" |
| 4X100          | 1:16.50       | 1:14.00       | 1:05.60        | 1:03.50        | 57.55           | 55.85           | 52.95            | 51.00            | 51.75              | 46.55              | 51.55              | 43.85              |
| 4X400          | 6:10.00       | 6:08.00       | 5:45.50        | 5:18.60        | 4:48.50         | 4:42.90         | 4:31.85          | 3:59.90          | 4:18.75            | 3:45.50            | 4:15.50            | 3:30.00            |
| 4x800          | -----         | -----         | -----          | -----          | 11:40.50        | 11:27.00        | 11:12.00         | 10:08.90         | 10:59.55           | 9:20.00            | 10:50.00           | 8:55.0             |
| LJ **          | 2.22m         | 2.78m         | 3.46m          | 3.77m          | 4.16m           | 4.36m           | 4.63m            | 5.24m            | 4.90m              | 5.79m'             | 5.17m              | 6.45m              |
| TJ **          | -----         | -----         | -----          | -----          | -----           | -----           | 9.15m            | 9.85m            | 10.00m             | 11.53m             | 10.73m             | 13.00m             |
| HJ *           | -----         | -----         | 1.05m          | 1.10m          | 1.25m           | 1.30            | 1.40m            | 1.55m            | 1.35m              | 1.75m              | 1.48m              | 1.80m              |
| Pole Vault     |               |               |                |                |                 |                 | 2.15m            | 2.55m            | 2.40m              | 3.55m              | 2.80m              | 4.10m              |
| Shot Put **    | 2.71m<br>2kg  | 2.99m<br>2kg  | 5.41m<br>6lbs  | 6.27m<br>6lb   | 7.70m<br>6 lb   | 9.11m<br>6 lb   | 10.30m<br>6 lb   | 11.21m<br>4 kg   | 9.82m<br>4 kg      | 12.20m<br>12 lbs   | 10.54m<br>4 kg     | 13.59m<br>12 lb    |
| Discus **      | -----         | -----         | -----          | -----          | 15.00m<br>1kg   | 19.32m<br>1kg   | 25.00m<br>1kg    | 32.39m<br>1kg    | 29.00m<br>1kg      | 37.00m<br>1.6kg    | 32.73m<br>1kg      | 41.91m<br>1.6kg    |
| Mini Jav **    | 6.40m<br>300g | 9.42m<br>300g | 11.60m<br>300g | 20.19m<br>300g | 16.81m<br>300g  | 25.00m<br>300g  | -----            | -----            | -----              | -----              | -----              | -----              |
| Javelin        | -----         | -----         | -----          | -----          | -----           | -----           | 20.60m<br>600g   | 30.93m<br>600g   | 24.00m<br>600g     | 37.48m<br>800g     | 25.96m<br>600g     | 41.02m<br>800g     |

## Schedule of Events

### RUNNING EVENTS:

| Friday, July 19            | Saturday, July 20       | Sunday, July 21 - (All Finals)         |
|----------------------------|-------------------------|--|
| <b>10:00 am</b>            | <b>9:00 am</b>          | <b>9:00 am - 6:30 pm</b>               |
| 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  | Saturday                        | Sunday- (All Finals)         |
|---|---------------------------------|------------------------------|
| <b>10:00 am</b>                                   | <b>8:30 am</b>                  | <b>8:30 am - 6:30 pm</b>     |
| High Jump (9-10, 11-12)                           | High Jump (13-14)               | Shot put (Young M/W)         |
| Triple Jump (13-14, 15-16, 17-18)                 | Long Jump (13-14, 15-16, 17-18) | High Jump (15-16, 17-18)     |
| Pole Vault (All)                                  | Discus (13-14, 15-16)           | Long Jump (8&U, 9-10, 11-12) |
| Shot Put (8&U, 9-10, 11-12)                       | Shot Put (13-14, 15-16)         | Discus (17-18)               |
| Javelin (13-14, 15-16, 17-18), Starts at 8:00 am) | Mini Javelin (8&U, 9-10, 11-12) |                              |
| Discus (Midget)                                   |                                 |                              |

\* *STARTING HEIGHT IN HIGH JUMP WILL BE 0.10m BELOW QUALIFYING STANDARD; POLE VAULT 0.30m BELOW.*

\*\* *DISTANCES 0.30m OR MORE BELOW QUALIFYING STANDARDS WILL NOT BE MEASURED*

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

| <b>Hotel</b>  | <b>Rate</b> | <b>Comments</b>  | <b>Cutoff</b> | <b>Contact</b>  |
|---|-------------|--|---------------|---|
| <a href="#"><u>Hampton Inn &amp; Suites</u></a><br><i>(Host Hotel)</i><br>1542 North Gregson Street<br>Durham, NC 27701   | \$99.00     | Complimentary deluxe hot breakfast, complimentary high-speed wireless internet access<br>DCMS – 1 mile                     | July 1        | Reservations<br>(919-602-0389)<br>Cathy Rector<br>Regional Director of Sales        |
| <a href="#"><u>Holiday Inn Express</u></a><br>2516 Guess Rd<br>Durham NC 27705  | \$89.00     | Complimentary deluxe hot breakfast, complimentary high-speed wireless internet access<br>DCMS – 2 mile                     | July 1        | Reservations<br>(919-602-0389)<br>Cathy Rector<br>Regional Director of Sales        |
| <a href="#"><u>Holiday Inn Express &amp; Suites RTP</u></a><br>4912 S Miami Blvd<br>Durham NC 27703                       | \$84.00     | Complimentary deluxe hot breakfast, complimentary high-speed wireless internet access<br>DCMS – 12 mile                    | July 1        | Reservations<br>(919-602-0389)<br>Cathy Rector<br>Regional Director of Sales        |
| <a href="#"><u>Homewood Suites by Hilton</u></a><br>Raleigh/Durham Airport<br>4603 Central Park Drive<br>Durham, NC 27703 | \$89.00     | Complimentary full hot breakfast buffet, complimentary high speed internet service and an outdoor pool.<br>DCMS – 12 miles | July 1        | Reservations<br>Kristen Pulliam<br>Sales and Services Coordinator<br>(919) 474-9900 |
| <a href="#"><u>Marriott at Research Triangle Park</u></a><br>4700 Guardian Drive<br>Durham, NC 27703                      | \$99.00     | Full breakfast buffet for 2 people and complimentary internet<br>DCMS – 12 miles   | July 1        | Reservations<br>Julie Burke<br>Sales Manager<br>(919) 941-6200                      |
| <a href="#"><u>Courtyard by Marriott</u></a><br>1818 Front Street<br>Durham, NC 27705                                     | \$92.00     | Duke – 1.5 miles   | July 1        | Reservations<br>Carrie Meade, Director of Sales<br>(919) 309-1500                   |

**More Hotels to be added**

**Be sure to ask for the 2013 Russell Blunt East Coast Invitational group rate**

Rates do not include applicable sales and occupancy taxes.