

2016 Russell E. Blunt East Coast Invitational



Friday July 15– Sunday July 17, 2016
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, 2016.

<u>Age Division</u>	<u>Year of Birth</u>
8 & Under	2008 and after
9 – 10	2006 – 2007
11 – 12	2004 – 2005
13 – 14	2002 – 2003
15 – 16	2000 – 2001
17 – 18	1998– 1999 and 1997 if date of birth is on or after August 1, 2016

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 from mid April until the deadline, **July 11**. Performance list and time schedule will be placed on www.durhamstriders.com by July 13. 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 16.

Deadline: Athletes must be entered by midnight Sunday, July 11

Fees: \$8.00 per individual event \$20 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

- 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 2015 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 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:** USATF (You do not have to be a member of USATF to compete)
- RULES:** 2016 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 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 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:** [Homewood Suites by Hilton](#)
Raleigh/Durham Airport
4603 Central Park Drive
Durham, NC 27703
- MEET DIRECTOR:** Frank W. Davis, Jr. – (blunteci@durhamstriders.com)
- WEBSITE:** www.durhamstriders.com

2016 BLUNT E.C.I – Performance Guidelines (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	13.10	12.20	12.86	11.54	12.75	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	1:25.00	1:22.00	1:12.75	1:10.50	1:06.00	1:04.68	1:03.40	56.45	59.85	52.90	59.80	51.80
800	3:27.00	3:20.00	2:50.80	2:43.50	2:40.45	2:30.75	2:30.00	2:15.60	2:28.50	2:07.85	2:28.88	2:03.90
1500	7:30.00	7:10.00	5:55.50	5:34.00	5:25.0	5:11.00	5:10.00	4:44.00	5:10.0	4:25.00	5:18.00	4:20.00
3000	-----				12:00.00	11:20.00	11:32.50	10:15.0	11:22.00	10:10.00	11:30.00	10:15.00
High Hurdles	-----				16.00 80/30"	15.50 80/30"	16.88 100/30"	16..80 100/33"	17.10 100/33"	16.75 110/39"	16.55 100/33"	15.95 110/39"
Inter. Hurdles	-----	-----	-----	-----	-----	-----	30.90 200/30"	29.95 200/30"	1:13.75 400/30"	1:04.00 400/36"	1:11.50 400/30"	1:03.00 400/36"
4X100	1:16.50	1:16.00	1:04.50	1:03.50	57.55	57.00	52.95	51.00	51.75	46.55	51.55	44.50
4X400	6:10.00	6:05.00	5:35.00	5:18.00 00	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 **	-----	-----	-----	-----	-----	-----	11:12.00	10:08.90	-----	-----	10:40.00	8:55.0
LJ ***	2.22m	2.78m	3.40m	3.77m	4.16m	4.36m	4.60m	5.13m	4.61m	5.70m'	5.17m	6.45m
TJ ***	-----	-----	-----	-----	-----	-----	9.10m	9.60m	9.50m	11.30m	10.73m	12.90m
HJ ***	-----	-----	1.05m	1.10m	1.25m	1.30	1.40m	1.55m	1.45m	1.70m	1.50m	1.80m
Pole Vault ***	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	2.40	3.55m
Shot Put ***	2.71m 2kg	2.90m 2kg	5.10m 6lbs	6.10m 6lb	7.70m 6 lb	8.90m 6 lb	10.20m 6 lb	11.16m 4 kg	9.82m 4 kg	12.50m 12 lbs	10.54m 4 kg	13.59m 12 lb
Discus **	-----	-----	-----	-----	15.50m 1kg	18.90m 1kg	25.00m 1kg	32.39m 1kg	30.00m 1kg	37.00m 1.6kg	32.73m 1kg	41.91m 1.6kg
Mini Jav ***	6.30m 300g	9.42m 300g	11.50m 300g	20.19m 300g	17.00m 300g	25.00m 300g	-----	-----	-----	-----	-----	-----
Javelin**	-----	-----	-----	-----	-----	-----	20.60m 600g	30.00m 600g	2500m 600g	36.008m 800g	25.96m 600g	41.02m 800g

****For the 4x800m relays we will be combining 11-12 & 13-14 to form a relay event for 11-14 year olds. We will also be combining 15-16 & 17-18 to form a relay event for 15-18 year olds. To enter a 4x800 relay, you only need to enter 1 athlete in a 4x800m relay. You will be allowed to declare your other 3 runners at the meet.**

Athletes must compete in his/her age division except in the Pole vault will be contested as one age group. (18 & under)

***Starting Heights and Minimum “Distances to Measure” (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
LJ	1.92	2.45	3.10	3.45	3.85	4.00	4.25	4.80	4.30m	5.40	4.85	6.15
TJ	-----	-----	-----	-----	-----	-----	8.80	9.30	9.25	11.0	10.40	12.60
HJ	-----	-----	.95	1.00	1.15	1.20	1.30	1.45	1.25	1.65	1.35	1.70
Pole Vault							-----	-----	-----	-----	2.0	3.25
Shot Put	2.40 2kg	2.60 2kg	4.80 6lbs	5.80 6lb	7.40 6 lb	8.80 6 lb	9.90 6 lb	10.85 4 kg	9.50 4 kg	12.20 12 lbs	10.20 4 kg	13.20 12 lb
Discus	-----	-----	-----	-----	15.20 1kg	18.60 1kg	24.50 1kg	32.00 1kg	29.50 1kg	36.50 1.6kg	32.00 1kg	41.50 1.6kg
Mini Jav	6.00 300g	9.00 300g	11.00 300g	19.50 300g	16.50 300g	24.50 300g	-----	-----	-----	-----	-----	-----
Javelin	-----	-----	-----	-----	-----	-----	20.00 600g	30.00 600g	24.00 600g	36.50 800g	25.00 600g	39 800g

First jump/throw will be measured; all others must meet minimum to be measures.

2016 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
	9-10	11:00
High Jump	11-12	1:00 p.m.
	11-12	11:00
Discus	11-12	11:00
	8&Under	11:00
Shot Put	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-Javelin	All	9:00 a.m.
Long Jump	13-14	9:00
	15-16	11:00
	17-18	1:00 p.m.
	13-14 G	9:00
Discus	13-14 B	10:30
	15-16 G	12:00
	15-16 B	1:30
	15-16 G	9:00
Shot Put	15-16 B	10:30
	13-14 G	12:00 p.m.
	13-14 B	1:30
	13-14 G	12:00 p.m.
High Jump	13-14 B	1:00

SUNDAY (ALL FINALS)	
Running Events	
800 Meter Run	9:00 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	
	8&Under	9:30	
Long Jump	9-10	10:30	
	11-12	12:00 p.m.	
	17-18 W	12:30	
Discus	17-18 M	1:30	
	15-18 W	9:30	
High Jump	15-18 M	12:30	

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

If 8 or less report to the semi's, 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

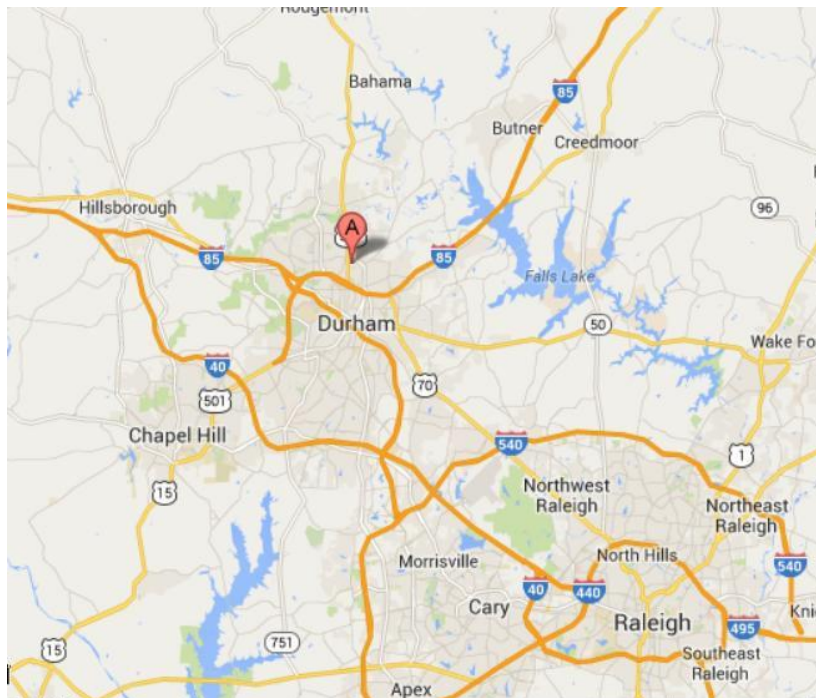
2016 RUSSELL E. BLUNT ECI PARTICIPATING HOTELS

Hotel	Rate	Comments	Cutoff	Contact
<u>Homewood Suites by Hilton</u> 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. DCMS – 12 miles	July 4	Reservations Kristen Pulliam Sales and Services Coordinator (919) 474-9900
<u>Holiday Inn Express</u> 2516 Guess Rd Durham NC 27705	\$119.00	Complimentary deluxe hot breakfast, complimentary high-speed wireless internet access DCMS – 2 mile	June 15	Reservations (919) 602-0389 Cathy Rector Regional Director of Sales
<u>Hampton Inn & Suites</u> 1542 North Gregson Street Durham, NC 27701	\$139.00	Complimentary deluxe hot breakfast, complimentary high-speed wireless internet access DCMS – 1 mile	June 15	Reservations (919) 602-0389 Cathy Rector Regional Director of Sales
<u>DoubleTree Suites by Hilton</u> Raleigh-Durham 2515 Meridian Parkway Durham, NC 27713	\$119.00	Complimentary breakfast buffet, complimentary wireless internet access DCMS – 10 miles	July 8	Reservations (919) 361-4660 Elizabeth Burgett, Sales Manager
<u>SpringHill Suites by Marriott</u> Durham/Chapel Hill 5310 McFarland Drive Durham, NC 27707	\$99.00	Complimentary breakfast & internet DCMS – 8 miles	June 22	<u>Reservations</u> (919) 403-1111 Laura Pelletier Sale Manager
Holiday Inn Express & Suites Research Triangle Park 4912 South Miami Blvd. Durham NC 27703	\$99.00	Complimentary deluxe hot breakfast, complimentary high-speed wireless internet access DCMS – 12 mile	July 1	Reservations (919) 474-9800 Ashleigh Dippolito Director of Sales
<u>Hilton Garden Inn, RTP</u> 4620 South Miami Blvd. Durham, NC 27703	\$89.00	Complimentary hot breakfast, complimentary high-speed wireless internet access DCMS – 12 miles	June 25	Reservations (919) 941-6066 Tara DeVault, Sales Manager

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 27701



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.