



2024 Russell E. Blunt East Coast Invitational

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

ELIGIBILITY: This meet is open to athletes within the age divisions listed below. This meet's maximum event entry limit is four events for age groups 14-15 through 17-18. Athletes in age groups 8&U through 11-12 can only compete in a maximum of three events, including relays.

AGE DIV: Age divisions are determined by birth year, i.e., their age on Dec. 31, 2024.

<u>Age Division</u>	<u>Year of Birth</u>
8&Under	2016 and after
9 - 10	2014 – 2015
11 – 12	2012 – 2013
13 – 14	2010 – 2011
15 – 16	2008 – 2009
17 – 18	2006 – 2007 and 2005 if the date of birth is after July 28, 2024

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

ENTRY INFO: Entries and changes can only be made *online* at [CoachO.com](https://www.CoachO.com). Click on Calendar and choose the meet. Online meet entry for the Blunt ECI will be available until the deadline, Sunday, July 14. The performance list and schedule will be placed on www.durhamstriders.com by July 16. 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 it in advance.*

There is no entry fee for Mothers/Fathers/Coaches relays; these relays must be entered at package pickup no later than July 20.

Deadline: Athletes must be entered by midnight Sunday, July 14

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

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

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 medals. Team awards will be presented to the overall team champions, male/female team champions, and male/female champions for each age group. Each first-place relay team member will receive a *Championship Baton*. The Outstanding Athlete Award selection committee will select recipients for each age division based on outstanding performances, not total points received.

EQUIPMENT: Athletes must use the starting blocks and batons provided by the meet. Throwers must provide their 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.

HOST: Durham Striders Youth Association, Inc



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 the meet. No glass containers are allowed in the stadium. Tents and/or umbrellas will be allowed in designated stadium areas.

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/

2024 BLUNT E.C.I – Suggested Performance Guidelines (In Meters)

	8&Under		9-10		11-12		13-14		15-16		17-18	
Events	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)

	8&Under		9-10		11-12		13-14		15-16		17-18	
Events	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.*

2024 BLUNT ECI TIME SCHEDULE (Tentative)

(The final schedule will be email to teams posted on the 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	11:00 a.m.
200 Meter Hurdles	Final	12:00
400 Meter Hurdles	Final	12:20 p.m.
200 Meter Dash	Semi	1:00
4x800 Meter Relay	Final	3:00

Field Events		
Javelin	13-18	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
Discus	11-12	11:00
Shot Put	8&Under	11:00
	9-10	12:00
	11-12	1:30

SATURDAY		
Running Events		
1500 Meter Run	Final	9:30 a.m.
80 Meter Hurdles	Semi	10:30
100 Meter High Hurdles	Semi	10:45
110 Meter High Hurdles	Semi	11:15
100 Meter Dash	Semi	11:45
400 Meter Dash	Semi	1:45 p.m.

Field Events		
Mini & Aero Javelin		9:00 a.m.
Long Jump	13-14	9:00
	15-16	11:00
	17-18	1:00
Discus	13-14 G	9:00
	13-14 B	10:30
	15-16 G	12:00
	15-16 B	1:30 p.m.
Shot Put	15-16 G	9:00
	15-16 B	10:30
	13-14 G	12:00
	13-14 B	1:30
High Jump	13-14 G	12:00
	13-14 B	1:00

SUNDAY (ALL FINALS)		
Running Events		
800 Meter Run		9:30 a.m.
Parents/Coaches 4x100 M Relays 11:00		
Opening Ceremony 11:30 a.m.		
80 Meter Hurdles		12:00 Noon
100 Meter Hurdles		12:10 p.m.
110 Meter Hurdles		12:30
100 Meter Dash		12:50
400 Meter Dash		1:30
200 Meter Dash		2:30
4x100 Meter Relay	Final	3:15
Outstanding Athletes Presentation 3:45		
4 X 400 Meter Relay		4:00
Team Awards (Collect in Pressbox)		

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
Discus	17-18 W	12:30 p.m.
	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 THE TIME SCHEDULE.

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

3/23/2024

2024 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	June 27	<u>Blunt ECI Reservation Link</u> (919) 309-1500 Deanna Kaklamanos Director of Sales
Hampton Inn & Suites North I-85 1542 North Gregson Street Durham, NC 27701	\$145.00	Complimentary deluxe hot breakfast, complimentary high-speed wireless internet access DCMS – 1.5 miles	June 25	<u>Blunt ECI Reservation Link</u> (919) 688-8880 Ravin Maurer Sales Manager
Hampton Inn and Suites by Hilton Durham University Medical Center 1206 Cole Mill Road Durham, NC 27705	\$145.00	Complimentary deluxe hot breakfast, complimentary high-speed wireless internet access DCMS – 3.0 miles	June 25	<u>Blunt ECI Reservation Link</u> (984) 710-3804 Ravin Maurer Sales Manager
SpringHill Suites Raleigh Durham Airport 920 Slater Road Durham, NC 27703	\$129.00	Complimentary breakfast & internet DCMS – 14 miles	June 27	<u>Blunt ECI Reservation Link</u> (888) 287-9400 Xitlalli Puerto Sales Manager
Hilton Durham Near Duke University 3800 Hillsborough Road Durham, NC 27705	\$139.00	Complimentary high-speed wireless internet access DCMS – 4.5 mile	June 20	<u>Blunt ECI Reservation Link</u> 919) 383-8033 James Belmonte Director of Sales

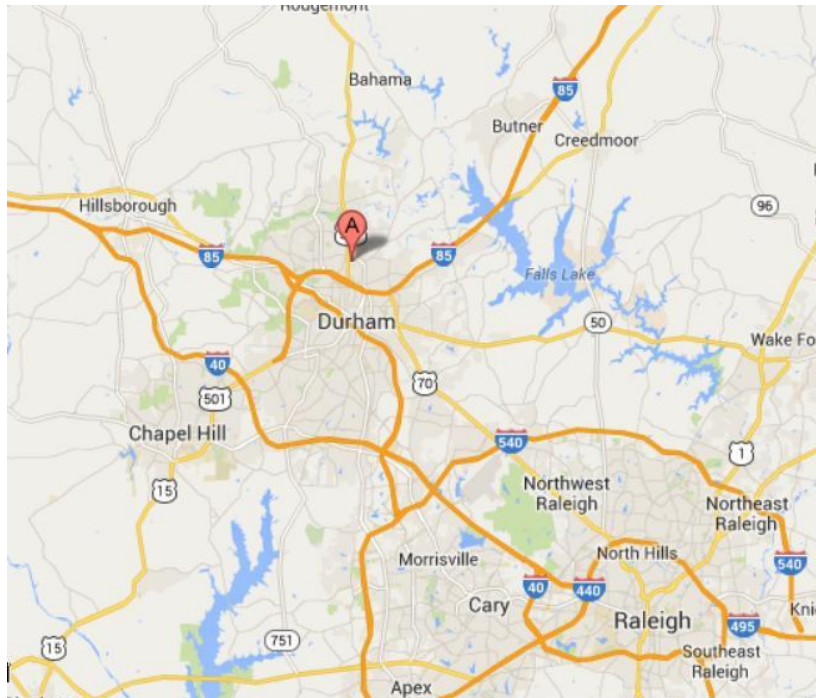
Be sure to ask for the Russell E. Blunt ECI group rate

Rates do not include applicable sales and occupancy taxes.

More Hotels to be added.

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 for 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 and turn right onto Stadium Drive. Stadium is located on the left.