



Greetings:

The **2007 Russell E. Blunt East Coast Invitational**, July 20-22, will be held at Duke University in Durham, NC. Duke features a newly constructed 400-meter all-weather track. The track is located inside Wallace Stadium.

The attached meet information package can be downloaded from www.durhamstriders.com. **Entries and changes can only be made on-line at 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 or mail fees to Durham Striders prior to deadline. 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 10 Heat sheets and time schedule will be placed on our web site on July 17. If you have questions, contact me at blunteci@durhamstriders.com.

Registration for the "Mothers/Fathers/Coaches" must be done at package pickup. These exhibition relays teams will not be allowed to run unless entered by July 21. There is no cost to enter these relays.
I'll see you in July!!!

Frank W. Davis, Jr.
Meet Director



Track & Field Meet



Friday July 20 – Sunday July 22, 2007
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 for all age groups. Athletes in age groups Sub-bantam thru Midget (8&U thru 11-12) can only compete in a maximum of three running events, including relays; their fourth event must be a field event

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

Sub Bantam	8 & U	1999 and after
Bantam	9-10	1997 – 1998
Midget	11-12	1995- 1996
Youth	13 - 14	1993 - 1994
Intermediate	15 - 16	1991 - 1992
Young M/W	17 – 18	1989 – 1990

In the Young Men/Women division, an athlete is considered 18 if his/her 19th birthday falls on or after July 30, 2007. 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 21.

ENTRY PROCESS Entries and changes can only be made *on-line* at 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 10. Heat sheets 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.
- NUMBER:** Number must be worn on front of uniform. A \$2.00 fee will be charged to replace a lost competitor's 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 meet headquarters from 7:00 p.m. to 9:00 p.m., Thursday, July 19 or after 8:00 a.m. Friday.
- HOST HOTEL:** *Marriott RTP will serve as Meet Headquarters, 2800 Campus Walk Avenue, Durham ,NC 27705, rate \$89.00 – Contact person: Angelique Stalling, Senior Sales Manager. For reservations, call (800) 633-5379 or (919) 383-8575. Additional lodging information is attached; be sure to ask for the Russell Blunt East Coast Invitational group rate.*
- MEET DIRECTOR:** Frank W. Davis, Jr. – (blunteci@durhamstriders.com)

2007 BLUNT E.C.I – Qualifying Standards (Running Events in Meters)

Events	Sub-Bantam		Bantam		Midget		Youth		Intermediate		Young	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Women	Men
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 Hurdles	-----	-----	-----	-----	14.9	14.8	16.7	16.2	17.10	16.9	16.7	15.8
Interm. Hurdles	-----	-----	-----	-----	80/30"	80/30"	100/30"	100/33"	100/33"	110/39"	100/33"	110/39"
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"
Discus **	-----	-----	-----	-----	54'0"	70'0"	80'0"	114'0"	96'0"	120'0"	102'0"	138'0"
Mini Jav **	-----	-----	37'9"	60'4"	40'2"	80'9"	-----	-----	-----	-----	-----	-----
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 20	Saturday, July 21	Sunday, July 22 - (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 20	Saturday, July 21	Sunday, July 22- (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) AFTER SEEDING.

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

Hotel	Rate	Comments	Cutoff	Contact
<i>Marriott at RTP</i> 4700 Guardian Drive Durham, NC 27702	\$89.00	Duke – 12 mile	July 3	Reservations (800) 228-9290 (919) 941-6200
Courtyard by Marriott 100 Marriott Way Chapel Hill, NC 27517	\$119.00	Exercise room, Courtyard Café, Indoor Pool, Fitness Room, Jacuzzi – Duke - 9 miles.	July 3	Team Reservations (919) 417-3494
Comfort Inn University 3508 Mt. Mariah Road Durham, NC 27707	\$76.00	Free Continental breakfast, free local calls, interior corridors, fitness room. Duke - 4 miles.	July 3	Team Reservations (919) 417-3494
Homewood Suites Hotel 3600 Mt. Mariah 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 3	Team Reservations (919) 417-3494
Homewood Suites 4603 Central Park Drive Durham, NC 27703	\$105.00 \$145.00 (2BR)	Newly renovated, all suite hotel. Full kitchen/Living room, onsite fitness center, pool, Jacuzzi, sauna. Free hot breakfast. Duke - 12 miles	June 25	Cathy Rector (919) 474-9900 x2572
Hampton Inn / Duke University 1816 Hillandale Road Durham, NC 27705	\$89.00	Free continental breakfast, free local calls, interior corridors, fitness room – Duke - 1 mile	July 3	Team Reservations (919) 417-3494
Hilton Garden Inn @ the RDU Airport 1500 RDU Center Morrisville, NC 27560	\$85.00	Lobby restaurant free full breakfast buffet. Also serves lunch and dinner, indoor pool, Jacuzzi– Duke - 18 miles	July 3	Team Reservations (919) 417-3494
Wyndham Garden Hotel 4620 South Miami Blvd Durham, NC 27703	\$89.00	Duke – 12 miles Free hot breakfast	July 5	Reservations (919) 941-6066

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

Rates do not include applicable sales and occupancy taxes.