



Track & Field Meet



Friday July 22 – Sunday July 24, 2011
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 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.

Sub Bantam	8 & U	2003 and after
Bantam	9-10	2001 – 2002
Midget	11-12	1999- 2000
Youth	13 - 14	1997 - 1998
Intermediate	15 - 16	1995 - 1996
Young M/W	17 – 18	1993– 1994

In the Young Men/Women division, an athlete is considered 18 if his/her 19th birthday falls on or after August 1, 2011. An athlete must compete in his/her age division

ENTRY INFO: Individual Events: \$9 per event
Relays: \$18 per relay

NORMAL ENTRY DEADLINE – July 12

Must be entered on line at Coach O.com by Tuesday, July 12, midnight (EDT) and charged to VISA or MasterCard

LATE ENTRY DEADLINE – July 17

All late entries (entered after July 12) must be entered on line by midnight (EDT) of Sunday, July 17, charged to Visa or Mastercard. An additional \$5.00 late fee *per individual event* will be added (for a total of \$14 per individual event and an additional \$10 late fee *per relay* for a total of \$28 per relay).

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 23.

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 on Calendar and choose meet. On-line meet entry will be available from mid April until the late deadline, July 18. The performance list and time schedule will be placed on www.durhamstriders.com/defaults/Russell by July 19.

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 2011 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: 2011 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 of 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 not be allowed below marked levels of the stadium.

Team packets will be available at the track from 6:30 p.m. to 8:30 p.m., Thursday, July 21 or after 8:00 a.m. Friday.

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

WEBSITE: www.durhamstriders.com

2011 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	34.0	33.0	31.1	30.0	28.0	27.6	27.5	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	3:15.0	3:12.0	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	-----	-----	-----	-----	14.9	14.8	16.7	16.2	17.10	16.9	16.7	15.8
Hurdles	-----	-----	-----	-----	80/30"	80/30"	100/30"	100/33"	100/33"	110/39"	100/33"	110/39"
Interm. Hurdles	-----	-----	-----	-----	-----	-----	31.5	30.0	1:13.0	1:02.0	1:10.0	59.1
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	5:55.0	5:45.0	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	-----	-----	-----	-----	11:36.0	11:05.0	11:08.0	9:51.0	11:01.0-	9:18.0-	10:40.0	8:33.0
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	-----	-----	-----	-----	-----	-----	7'1"	8'3"	7'8"	11'10"	8'8"	13'7"
Shot Put **	13'0"	14'0"	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 **	32'0"	49'9"	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 – RED INDICATES NEW EVENTS ADDED FOR 2011.

RUNNING EVENTS:

Friday, July 22	Saturday, July 23	Sunday, July 24 - (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 22	Saturday, July 23	Sunday, July 24- (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 (Sub-Bantam, Bantam, Midget)	Shot Put (Youth, Intermediate)	Discus (Young M/W)
Javelin (Y,I&YM/YW, Starts at 8:00 am)	Mini Javelin (Sub-Bantam, 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
SpringHill Suites Durham Chapel Hill 5310 McFarland Drive Durham, NC 27707	\$89.00	Complimentary breakfast Duke – 7 miles	July 1	Reservations (919) 403-1111 Shari Howes, Director of Sales
Holiday Inn Express 2516 Guess Road Durham, NC 27705	\$99.00	Duke – 2.5 mile Free breakfast	July 1	Reservations: (919) 476-7033 Barbara Lahiff, Sales Manager
Four Points by Sheraton Durham at Southpoint 7807 Leonardo Drive Durham, NC 27713	\$95.00	Complimentary breakfast for 2, extra, \$5 per person. Duke – 8 miles	July 6	Reservations (919) 294-0550 Brandy Covas, Sales Director
Wyndham Garden Hotel 4620 South Miami Blvd Durham, NC 27703	\$79.00	Duke – 12 miles Free hot breakfast (2per room)	June 20	Reservations (919) 941-6066, Christa Flatt, Sales Manager
Courtyard by Marriott 1818 Front Street Durham, NC 27705	\$99.00	Duke – 1.5 miles	July 1	Reservations (919) 309-1500 Tim Rogers, Sales Manager
Radisson Hotel RTP 150 Park Drive Research Triangle Park, NC 27709	\$65.00	Duke - 11miles	June 30	Reservations (919) 547-3514 Leon Bullard, Director of Sales
Washington Duke Inn & Golf Club 3001 Cameron Blvd Durham, NC 27706	\$99.00	Located On Duke's Campus Duke – 0 miles	July 1	Reservations (919) 490-0999 Lenore Donaldson, Sales Manager

More Hotels to be added

Be sure to ask for the 2011 Russell Blunt East Coast Invitational group rate

Rates do not include applicable sales and occupancy taxes.