

2019 Russell E. Blunt East Coast Invitational



Friday July 19– Sunday July 21
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, 2019.

| <u>Age Division</u> | <u>Year of Birth</u> |
|---------------------|---|
| 6 & Under | 2013 and after |
| 7 -- 8 | 2011 - 2012 |
| 9 - 10 | 2009 – 2010 |
| 11 – 12 | 2007 – 2008 |
| 13 – 14 | 2005 – 2006 |
| 15 – 16 | 2003 – 2004 |
| 17 – 18 | 2001 – 2002 and 2000 if date of birth is after July 28, 2019 |

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 14. 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 20.

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

Fees: \$10.00 per individual event \$25 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 2019 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, and Durham Sports Commission.
- SANCTION:** USATF (You do not have to be a member of USATF to compete)
- RULES:** 2018 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.
- COVERAGE:** Live streaming by FloSports/MileSplit
- 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 14 and after 8:00 a.m. Friday.
- HOST HOTEL:** Homewood Suites by Hilton
Raleigh/Durham Airport
4603 Central Park Drive
Durham, NC 27703
(919) 474-9900
- MEET DIRECTOR:** Frank W. Davis, Jr. – (blunteci@durhamstriders.com)
- WEBSITE:** www.durhamstriders.com

2019 BLUNT E.C.I – Performance Guidelines (In Meters)

| | <u>8&Under</u> | | <u>9-10</u> | | <u>11-12</u> | | <u>13-14</u> | | <u>15-16</u> | | <u>17-18</u> | |
|----------------|--------------------|----------------|----------------|----------------|-----------------|-----------------|------------------|------------------|--------------------|--------------------|--------------------|------------------|
| 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 |

****We will be combining the 11-12 & 13-14 age groups to form the 4x800m relays for those age groups. The 15-16 & 17-18 age groups will be combined 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.**

***Starting Heights and Minimum “Distances to Measure” (In Meters)

| | <u>8&Under</u> | | <u>9-10</u> | | <u>11-12</u> | | <u>13-14</u> | | <u>15-16</u> | | <u>17-18</u> | |
|------------|--------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|-----------------|---------------|----------------|
| 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.

2019 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 |
| High Jump | 9-10 | 11:00 |
| | 11-12 | 1:00 p.m. |
| Discus | 11-12 | 11:00 |
| Shot Put | 8&Under | 11:00 |
| | 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/Areo-Javelin | All | 9:00 a.m. |
| Long Jump | 13-14 | 9:00 |
| | 15-16 | 1100 |
| | 17-18 | 1:00 p.m. |
| Discus | 13-14 G | 9:00 |
| | 13-14 B | 10:30 |
| | 15-16 G | 12:00 |
| | 15-16 B | 1:30 |
| Shot Put | 15-16 G | 9:00 |
| | 15-16 B | 10:30 |
| | 13-14 G | 12:00 p.m. |
| | 13-14 B | 1:30 |
| High Jump | 13-14 G | 12:00 p.m. |
| | 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

Long Jump 8&Under 9:30

9-10 10:30

11-12 12:00 p.m.

Discus 17-18 W 12:30

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 TIME SCHEDULE.

If 8 or less report to the semis, 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

2019 RUSSELL E. BLUNT ECI PARTICIPATING HOTELS

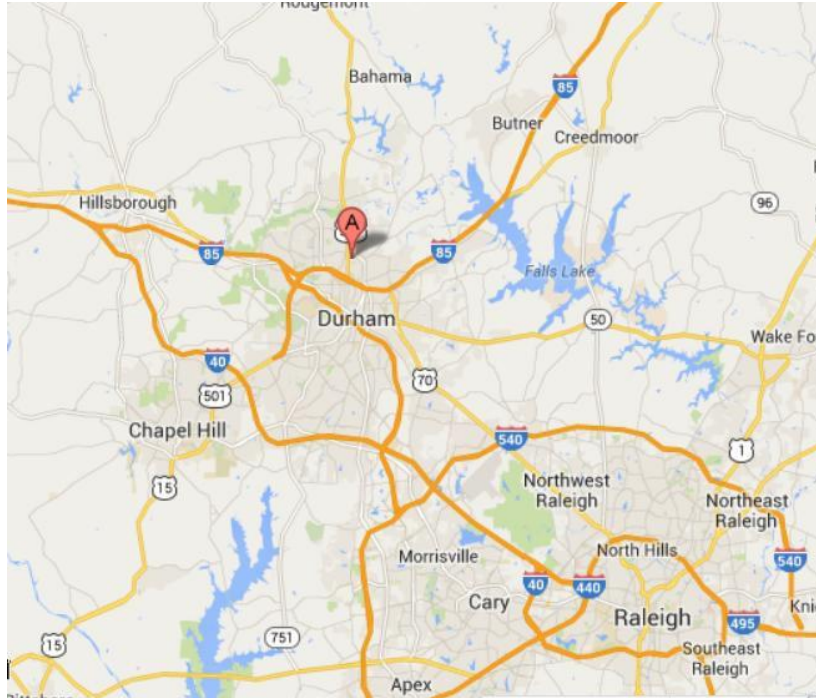
| Hotel | Rate | Comments | Cutoff | Contact |
|---|----------|--|---------|--|
| <u>Homewood Suites by Hilton</u> Raleigh/Durham Airport 4603 Central Park Drive Durham, NC 27703 | \$104.00 | Complimentary full hot breakfast buffet, complimentary high-speed internet service and an outdoor pool. DCMS – 13 miles | June 28 | Reservations Lynne Fuller Sales & Service Coordinator (919) 474-9900 |
| <u>Hilton Garden Inn, RTP</u> 4620 South Miami Blvd. Durham, NC 27703 | \$99.00 | Complimentary hot breakfast, complimentary 2 per room, high-speed wireless internet access DCMS – 12 miles | July 5 | Reservations Link (919) 941-6066 Tara DeVault Sales Manager |
| Marriott at RTP 4700 Guardian Drive Durham, NC 27703 | \$109.00 | Complimentary deluxe hot breakfast, complimentary high-speed wireless internet access DCMS – 12 miles | July 15 | Reservations 919-941-6200 Ashley Gehringer Sales Manager |
| <u>Hampton Inn & Suites</u> North I-85 1542 North Gregson Street Durham, NC 27701 | \$124.00 | Complimentary deluxe hot breakfast, complimentary high-speed wireless internet access DCMS – 1.5 miles | June 22 | Reservations (919) 688-8880 Michael Scatoloni Sales Person |
| SpringHill Suites Raleigh Durham Airport 920 Slater Road Durham, NC 27703 | \$99.00 | Complimentary breakfast & internet DCMS – 14 miles | June 28 | Reservations Link (919) 998-9500 Mary Kate Malinowski Sales Manager |
| Hilton Durham Near Duke University 3800 Hillsborough Road Durham, NC 27705 | 109.00 | Complimentary high-speed wireless internet access DCMS – 4.5 mile | July 1 | Reservations (919) 383-8033 ESTHER CHOI Senior Sales Manager |

More to be added.

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.