

Capital City Striders Track & Field Invitational

June 8 - 9, 2018

University of Charleston Stadium
Laidley Field, Charleston, West Virginia

- Director: William "Chip" Ferrell (304-552-5306)
(coachchipferrell@gmail.com)
- Meet Administration: Felicia Ferrell (304-932-6319)
(ferrellf48@gmail.com)
- Entry Deadline: June 7, 2018 9:00 p.m.
- Mailing Address: Capital City Strider's, Inc.
P O Box 1243
Charleston, WV 25326-1243
(www.capitalcitystriders.com)
- Sanctions: Meet is sanctioned by USA Track & Field. All AAU & USATF clubs and un-attached athletes are welcomed to compete.
- Order of events: Proposed event start times listed in this package and we will observe a "rolling schedule" and events may run as much as but no more than an hour ahead of the published start time.
- Officials: USATF Certified Officials and the Finish Lynx Timing System are utilized to run the meet. The meet will progress with a minimum delays and confusion allowing teams to begin the return trip home prior to nightfall.
- Individual Awards: Awards will be given to the top six places: first, second, third, fourth, fifth, and sixth places will receive medals. **Note: All events are not offered for every age group, so check the event listing carefully.** The meet will give awards in only five Master and Open Age Groups: 19-29 Open, 30-39 Sub-masters, 40-49 Masters, and 50-59 Master Masters, and 60+ Grand Masters.
- Team Awards: Trophies will be awarded to the first, second, third, fourth and fifth place teams. Scoring: Scoring will be as follows: 10-8-6-4-2-1

CAPITAL CITY STRIDERS TRACK & FIELD INVITATIONAL June 8-9, 2018

Place: Laidley Field
Charleston, West Virginia

Time: 8:30 am Check-In
Come Ready to Run - Rain or Shine

Sponsors: Capital City Striders

Sanction: By the West Virginia Association USA Track & Field

Special Rules: #1. Must Receive: Enter via WWW.Coacho.com, Entry Fee paid on line by credit card or e-check, Please provide Copy of Birth Certificate or other proof of age, i.e. Driver's License at the meet on request.

#2. Hy Tek Team Manager files will also be accepted via email to (coachchipferrell@gmail.com) **no later than 9:00 PM June 7, 2018.**

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----- **AGE YOU TURN IN 2018** -----

Flats or track shoes with 1/4" or less spikes may be used.

LIMIT: Ages 4-6, 7-8, 9-10, 11-12 --- Only three events, including the relay

<u>4-6</u>	<u>7-8</u>	<u>9-10</u>		<u>11-12</u>	
50m Dash	50m Dash	100m Dash	High Jump	80m Hurdles	High Jump
100m Dash	100m Dash	200m Dash	Shot Put (6 lb)	100m Dash	Running Long Jump
200m Dash	200m Dash	400m Dash	Turbo Jav	200m Dash	Shot Put (6 lb)
400m Dash	400m Dash	800m Run	*4x100m Relay*	400m Dash	Discus (1K)
4x100m Relay	800m Run	1500m Run	*4x400m Relay*	800m Run	Turbo Jav
	1500mRun	1500m Racewalk	*4x800m Relay*	1500m Run	*4x100m Relay*
	4x100m Relay	Running Long Jum		3000m Run	*4x400m Relay*
	Shot Put (4.4 lb)			1500m Racewalk	*4x800m Relay*

LIMIT: Ages 13-14, 15-16, 17-18, only 4 events including relays, unlimited events for OPEN (19-29), SUB-MASTER (30-39), MASTER (40-49); MASTER/MASTER (50-59); GRAND MASTER (60+)

<u>13-14 – Events</u>		<u>Events for all others</u>	
100m Hurdles (G-30")(B-33")	*4x100 Relay*	100m Hurdles (G-33")	*4x100 Relay*
200m Hurdles (30")	*4x400 Relay*	110m Hurdles (B-39" or 42")	*4x400 Relay*
100m Dash	*4x800 Relay*	400m Hurdles (G-30")(B-36")	*4x800 Relay*
200m Dash	Running Long Jump	100m Dash	Running Long Jump
400m Dash	High Jump	200m Dash	High Jump
800m Run	Triple Jump	400m Dash	Triple Jump
1500m Run	Pole Vault	800m Run	Pole Vault (bring own pole)
3000m Run	Shot (G-6 lb)(B-4K)	1500m Run	Shot (G-4K)(B-12lb)(0-16lb)
3000m Racewalk	Discus (1K)	3000m Run	Discus (G-1K)(B-1.6K)
	Javelin	3000m Racewalk	Javelin
		5000m Run	Hammer
		2000m Steeplechase -15-18	
		3000m Steeplechase - 19 +	

Deadline for Entry & Entry Fee
Received by June 7, 2018 - 9:00 pm
\$ 3.00 per Individual Event
\$12.00 per Relay Team
\$ 5.00 per event late registration

Make Check Payable To:
CAPITAL CITY STRIDER'S, INC.
P O Box 1243
Charleston, West Virginia 25325
(coachchipferrell@gmail.com)
Phone: (304) 552-5306

CAPITAL CITY STRIDERS INVITATIONAL

Order of Events
Friday, June 8, 2018

5:00 pm	All Race walkers (1500/3000 Meter)
5:00 pm	Javelin (13- up)
5:30 pm	Hurdle Timed Finals - 80M & 100M
5:45 pm	Hurdle Timed Finals - 110M
5:45 pm	Triple Jump (Boys & Girls 13-14 and up), (Open Pit till 6:45pm)
6:30 pm	Turbo Javelin (7-8, 9-10 & 11-12)
6:30 pm	Hammer Throw (all)
6:30 pm	All Steeple chasers 15-16 and up
7:00 pm	4x800 Relays, Ages 9-10 and up
7:30 pm	5000M (Boys & Girls 17-18 & up)
8:00 pm	200 Meter Hurdles (Boys & Girls 13-14)
8:15 pm	400 Meter Hurdles (Boys & Girls 15-16 & up)

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June 8-9, 2018

Saturday, June 9, 2018

Rolling Schedule: Girls run before Boys by Age - Youngest age groups first

	<u>Running</u>	<u>Field</u>	<u>Gender</u>	<u>Age</u>
8:30 am	3000M (Boys 11-up, Ladies 11 - up)	Long Jump High Jump Shot Put Discus	Girls, then Boys Girls, then Boys Women, then Men Women, then Men	7-8 & 9-10 11-12 Open Sub-Masters/Masters
9:00 am		Long Jump High Jump Shot Put Shot Put	Girls, then Boys Girls, then Boys Women, then Men Girls, then Boys	11-12 9-10 Masters/Sub-Masters 8 - under
10:00 am	50M Dash (timed finals) 4-6 & 7-8 ages only	High Jump Long Jump	Girls, then Boys Girls, then Boys	15-16 13-14
11-12		Shot Put	Girls, then Boys	Girls, then Boys
		Discus Pole Vault	Women, then Men All Girls	Open 13& up
10:30 am	100M Dash (timed finals)	Long Jump High Jump Shot Put Discus	Girls, then Boys Girls, then Boys Girls, then Boys Girls, then Boys	15-16 13-14 15-16 11-12
11:00 am	1500M Run	Long Jump High Jump Shot Put Discus	Women, then Men Girls, then Boys Girls, then Boys Girls, then Boys	Open 17-18 7- 8 13-14
11: 30 am	400M Dash Finals (all)			
NOON	LUNCH BREAK	Fellowship Luncheon for all Coaches & Volunteers		
1:00 pm	4x100M Relays (all)	Long Jump High Jump Shot Put Discus Shot Put Pole Vault	Girls, then Boys Women, then Men Girls, then Boys Girls, then Boys Girls, then Boys Boys & Men	17-18 Open 9-10 15-16 17-18 13-14& up
1:45 pm	800M Run Timed finals	Long Jump High Jump Shot Put Discus Pole Vault	Women, then Men Women, then Men Girls, then Boys Girls, then Boys Men	Sub-Masters/Masters Masters/Sub-Masters 13-14 17-18 Open/All Masters
2:45 pm	200M Dash Timed finals		All Athletes	
4:30 pm	4x400M Relays		All Athletes	
5:00 pm	Team Awards		First thru Fifth Place Trophies	

Annual Capital City Striders Invitational

Laidley Field - Charleston, West Virginia

June 8-9, 2018

Some Downtown Hotels

Hotel	Address	Miles to Track	Phone #
Embassy Suites,	300 Court Street, Charleston, WV 25301	1.4	304/347-8700
Quality Inn,	1010 Washington Street, Charleston, WV 25301	1.1	304/345-9779
Holiday Inn Express,	100 Civic Center Drive, Charleston, WV 25301	2.0	304/345-0600
Marriott Town Center,	200 Lee St E, Charleston, WV 25301	1.6	304/345-6500
Four Points by Sheraton,	600 Kanawha Blvd. E., Charleston, WV 25301	1.9	304/344-4092
Hampton Inn Chas. Downtown,	1 Virginia Street West, Chas., WV 25302	2.4	304/343-9300
Courtyard by Marriott,	100 Kanawha Blvd. E., Charleston, WV 25301	2.1	304/344-5777
Charleston Capitol Hotel,	1000 Washington St. E, Charleston, WV 25301	1.1	304/343-4661

Please ask for Sports or Team rates. There is a 12% tax on lodging in West Virginia.

Please tell hotel reservations you are with the **Capital City Striders Invitational** Track & Field Meet and request the sports rates. Not all hotels may offer these rates. Rooms are based on availability. Laidley Field is located at Elizabeth Street and Piedmont Road on the east side of Charleston

Directions:I-77 to Greenbrier Street Exit (99); South on Greenbrier Street to traffic light at Washington Street, right on Washington to next traffic light at Elizabeth Street; right on Elizabeth St., 3 blocks to Laidley Field (on the left).

For more information on what to do in West Virginia, call the Charleston Visitors and Convention Bureau at 304/344-5075.

Great time to be in Charleston!!

For more information, e-mail William "Chip" Ferrell
(coachchipferrell@gmail.com)
or (www.capitalcitystriders.com)