

Capital City Striders Track & Field Invitational

June 19-20, 2020

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 16, 2020 11:59 pm		
Mailing Address:	Capital City Strider's, Inc. PO Box 113 Institute, WV 25112 (www.capitalcitystriders.com)		
Sanctions:	Meet is sanctioned by AAU. All AAU & USATF clubs and un-attached athletes are welcome to compete.		
Order of Events:	Proposed event start times are listed in this package and we will observe a "rolling Schedule." 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 of delays and confusion allowing teams to begin the return trip home prior to nightfall.		
Individual Awards:	Medals will be given to the top six places. All events are not offered for every age group, so check the event listing carefully. The meet will give awards in five Master and Open Age Groups: 19-29 Open, 30-39 Sub-masters, 40-49 Masters, 50-59 Master Masters, and 60+ Grand Masters.		
Team Awards:	Trophies will be awarded to the top 5 teams, with scoring as follows: 10-8-6-4-2-1.		
Place:	Laidley Field, Charleston, WV		
Time:	4:00 pm check-in June 19 (start 5 pm) 8:00 check in June 20 (start 8:30 am)		
Sponsor:	Capital City Striders, Inc.		
Special Rules:	<ol style="list-style-type: none">#1. Individuals must enter via www.coacho.com. Entry fees must be paid online by credit card or e-check. Please provide a copy of your Birth Certificates or other proof of age (e.g., Driver's License) at the meet on request.#2. Teams may enter via www.coacho.com or Hy Tek Team Manager files may be sent via email to coachchipferrell@gmail.com no later than 11:59 pm Eastern time on June 16, 2020.		

Come Ready to Run - Rain or Shine

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AGE YOU TURN IN 2020

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

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

4-6	7-8	9-10	11-12
50m Dash	50m Dash	100m Dash	High Jump
100m Dash	100m Dash	200m Dash	Shot Put (6 lb)
200m Dash	200m Dash	400m Dash	Turbo Jav
400m Dash	400m Dash	800m Run	*4x100m Relay*
4x100m Relay	800m Run	1500m Run	*4x400m Relay*
	1500mRun	1500m Racewalk	*4x800m Relay*
	4x100m Relay	Running Long Jump	1500m Run
	Shot Put (4.4lb)		3000m Run
			1500m Racewalk

EVENT LIMITS: 13-18, 4 events including relays. Unlimited events for Open (19-29), Sub-Master (30-39), Master (40-49), Master/Master (50-59), Grand Master (60+)

13-14 – Events

200m Hurdles (30")	*4x400 Relay*
100m Dash	*4x800 Relay*
200m Dash	Running Long Jump
400m Dash	High Jump
800m Run	Triple Jump
1500m Run	Pole Vault
3000m Run	Shot (G-6 lb)(B-4K)
3000m Racewalk	Discus (1K)
	Javelin

Events for others

110m Hurdles (B-39" or 42")	*4x400 Relay*
400m Hurdles (G-30")(B-36")	*4x800 Relay*
100m Dash	Running Long Jump
200m Dash	High Jump
400m Dash	Triple Jump
800m Run	Pole Vault (bring own pole)
1500m Run	Shot (G:4,3,2K/B:12l,16lb)
3000m Run	Discus (G-1K/B-1.6K)
3000m Racewalk	Javelin
5000m Run	Hammer
2000m Steeplechase (15-18)	
3000m Steeplechase (19 +)	

Deadline for Entry & Entry Fee

Must be received by June 16, 2020 11:59 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.
 PO Box 113
 Institute, West Virginia 25112
coachchipferrell@gmail.com
 Phone: (304) 552-5306

Order of Events

Friday, June 19, 2020

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)
6:00 pm	Turbo Javelin (7-8, 9-10 & 11-12)
6:30 pm	Hammer Throw (all)
6:30 pm	Steeple Chase (15-16 and up)
7:00 pm	4x800 Relays (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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Order of Events

Saturday, June 20, 2020

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

	Running	Field	Gender	Age
8:30 am	3000M	Long Jump High Jump Shot Put Discus	Girls, then Boys Girls, then Boys Women, then Men Women, then Men	7-10, 11 and up 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)	High Jump Long Jump Shot Put Discus Pole Vault	Girls, then Boys Girls, then Boys Girls, then Boys Women, then Men All Girls	15-16 13-14 4-6 then 11-12 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 through Fifth Place Trophies		

Capital City Striders Track & Field Invitational

Laidley Field, Charleston, West Virginia

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Some Downtown Hotels

Hotel	Address	Miles to Track	Phone #
Quality Inn	1010 Washington Street, Charleston, WV 25301	1.1	304/205-0192
Embassy Suites	300 Court Street, Charleston, WV 25301	1.4	304/347-8700
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 25301	2.4	304/343-9300
Courtyard by Marriott	100 Kanawha Blvd. E., Charleston, WV 25301	2.1	304/344-5777
Charleston Ramada	1000 Washington St. E, Charleston, WV 25301	1.1	304/343-4661

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 group 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 hotels in Charleston or what to do in West Virginia, check online at www.charlestonwv.com or 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 check our website at
(www.capitalcitystriders.com)