

# CAPITAL CITY STRIDERS TRACK & FIELD INVITATIONAL

## June 13 - 14, 2008

**Place:** Laidley Field  
Charleston, West Virginia

**Time:** 8:15 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: Entry Blank, Entry Fee, Copy of Birth Certificate or other proof of age, i.e. Driver's License by June 11, 2008 - 9:00pm at Headquarters Hotel.

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

### AGE YOU TURN IN 2008

**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
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	
	*4x400m Relay*		
			80m Hurdles
			100m Dash
			200m Dash
			400m Dash
			800m Run
			1500m Run
			3000m Run
			1500m Racewalk
			High Jump
			Running Long Jump
			Shot Put (6 lb)
			Discus (1K)
			Turbo Jav
			*4x100m Relay*
			*4x400m Relay*
			*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</u>	<u>15-16 --- and --- 17-18, OPEN, SUB-MASTER, MASTER, MASTER/MASTER, &amp; GRAND MASTER</u>
100m Hurdles (G-30")(B-33")	*4x100 Relay*
200m Hurdles (30")	*4x200 Relay*
100m Dash	*4x400 Relay*
200m Dash	*4x800 Relay*
400m Dash	Running Long Jump
800m Run	High Jump
1500m Run	Triple Jump
3000m Run	Pole Vault
3000m Racewalk	Shot Put (G-6 lb)(B-4K)
	Discus (1K)
	Javelin
	100m Hurdles (G-33")
	110m Hurdles (B-39")
	400m Hurdles (G-30")(B-36")
	100m Dash
	200m Dash
	400m Dash
	800m Run
	1500m Run
	3000m Run
	3000m Racewalk
	5000m Run
	2000m Steeplechase - 15-18
	3000m Steeplechase - 19 +
	*4x100 Relay*
	*4x200 Relay*
	*4x400 Relay*
	*4x800 Relay*
	Running Long Jump
	High Jump
	Triple Jump
	Pole Vault (bring own pole)
	Shot Put (G-4K)(B-12 lb)(O-16 lb)
	Discus (G-1K)(B-1.6K)
	Javelin

**Deadline for Entry Blank & Entry Fee**

**Must be received by June 11, 2008 - 9:00pm**  
**\$ 3.00 per Individual Event**  
**\$12.00 per Relay Team**  
**\$ 5.00 per event late registration**

**Make Check Payable To:**

**CAPITAL CITY STRIDERS, INC.**  
**P O Box 1243**  
**Charleston, West Virginia 25325**  
**(pjgilmer@aol.com)**  
**Phone: (304) 343-0128**