

CAPITAL CITY STRIDERS INVITATIONAL – 2007

LAIDLEY FIELD, CHARLESTON, WV

Meet Records - Boys/Men

<u>Age Group</u>	<u>Event Name</u>	<u>Time/Mark</u>	<u>Date</u>	<u>Name or Team</u>
4 to 6	50 Meter Dash Sub-Sub-Bantam Boys	9.10	1993	B. Easley - CCS
	100 Meter Dash Sub-Sub-Bantam Boys	16.18	1999	R. Dukes - Motor City
	200 Meter Dash Sub-Sub-Bantam Boys	33.06	1999	R. Dukes - Motor City
	400 Meter Dash Sub-Sub-Bantam Boys	1:14.32	1999	R. Dukes - Motor City
	4x100 Meter Relay Sub-Sub-Bantam Boys	1:25.30	1994	North Richmond YMCA
7 to 8	50 Meter Dash Sub-Bantam Boys	8.20	1989	M. Lovelace - Dayton Striders
	100 Meter Dash Sub-Bantam Boys	14.22	6/11/2005	Ralph Prestwood - Glenarden
	200 Meter Dash Sub-Bantam Boys	30.84	1999	M. Dukes - Motor City TC
	400 Meter Dash Sub-Bantam Boys	1:08.44	1999	S. Dukes - Motor City TC
	800 Meter Run Sub-Bantam Boys	2:34.46	1999	M. Dukes - Motor City TC
	1500 Meter Run Sub-Bantam Boys	6:42.93	6/8/2002	Andre Dalton - Cavalier Cavalettes
	4x100 Meter Relay Sub-Bantam Boys	1:02.84	2001	Glenarden Track Club - Glenarden, MD
	4x400 Meter Relay Sub-Bantam Boys	5:12.03	6/12/2004	Glenarden Track Club - Glenarden, MD
	TURBO JAV Sub-Bantam Boys	40-09.00	6/10/2005	Edward Morgan - Cavalier Cavalettes
9 to 10	1500 Meter Race Walk Bantam Boys	11:07.98	6/7/2002	Randall Phillips - Cavalier Cavalettes
	100 Meter Dash Bantam Boys	13.80	1994	O. Reynolds - Burning Spear
	200 Meter Dash Bantam Boys	28.80	1997	T. Patterson - Tri-City
	400 Meter Dash Bantam Boys	1:05.71	6/8/2002	Ramses Dukes - Motor City TC
	800 Meter Run Bantam Boys	2:31.23	1999	C. Roberts - Cavalier Cavalettes
	1500 Meter Run Bantam Boys	5:01.54	2000	M. Dukes - Powerstroke Athletic
	4x100 Meter Relay Bantam Boys	55.41	6/14/2003	Glenarden Track Club - Glenarden, MD
	4x400 Meter Relay Bantam Boys	4:40.00	6/12/2004	Glenarden Track Club - Glenarden, MD
	4x800 Meter Relay Bantam Boys	11:45.30	1999	Glenarden Track Club - Glenarden, MD
	High Jump Bantam Boys	4-11.00	2001	C. Smith - CCS
	Long Jump Bantam Boys	16-10.00	1999	V. Brunson - Cavalier Cavalettes
	Shot Put 6lb Bantam Boys	27-08.50	1993	J. Tokarz - S. Dayton TC
	TURBO JAV Bantam Boys	52-02.50	6/10/2005	Afiba Fairnot - Cavalier Cavalettes
11 to 12	100 Meter Dash Midget Boys	12.65	6/8/2002	Bryce Sherman - TRI-CITY
	200 Meter Dash Midget Boys	27.17	6/8/2002	Deon Rice - Detroit Jets
	400 Meter Dash Midget Boys	1:01.80	1994	D. Winn - Dayton Striders
	800 Meter Run Midget Boys	2:24.96	1998	J. Rowe - Glenarden
	1500 Meter Run Midget Boys	4:54.80	6/8/2002	Shaka Dukes - MCTC
	3000 Meter Run Midget Boys	10:15.91	6/8/2002	Menachem Dukes - MCTC
	1500 Meter Race Walk Midget Boys	7:45.60	1993	D. Dalton - S. Dayton TC
	80 Meter Hurdles 30" Midget Boys	13.70	1998	A. McCorvey - River City Elite
	4x100 Meter Relay Midget Boys	51.70	6/11/2005	Glenarden Track Club - Glenarden, MD
	4x400 Meter Relay Midget Boys	4:16.88	1999	Glenarden Track Club - Glenarden, MD
	4x800 Meter Relay Midget Boys	10:02.40	6/7/2002	Motor City Track Club - MCTC
	High Jump Midget Boys	5-00.00	1990	C. Berry - Durham YC
	Long Jump Midget Boys	15-10.50	6/8/2002	Hunter Furr - TRI-CITY
	Discus Throw 1K Midget Boys	92-06	1997	B. Henger - Harrisville, WV

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	Shot Put 6lb Midget Boys	35-07.00	1990	B. Payne - CCS
	TURBO JAV Midget Boys	76-09.00	6/10/2005	Xavier Crosby - CCS
13 to 14	100 Meter Dash Youth Boys	11.16	1999	D. Penn-Andrews - Glenarden
	200 Meter Dash Youth Boys	23.21	1998	S. Sesay - Glenarden
	400 Meter Dash Youth Boys	53.31	1995	M. Keener - South Dayton TC
	800 Meter Run Youth Boys	2:13.20	1996	B. Garrett - CCS
	1500 Meter Run Youth Boys	4:18.20	1992	K. Drain - Derby City
	3000 Meter Run Youth Boys	10:17.80	2000	N. Dent - Little Kanawha TC
	3000 Meter Race Walk Youth Boys	8:06.00		- S. Dayton Flyers
	100 Meter Hurdles 33" Youth Boys	13.70	1989	T. Yager - Derby City
	200 Meter Hurdles 30" Youth Boys	26.46	2001	Z. Linville - UNA
	4x100 Meter Relay Youth Boys	44.73	6/12/2004	Glenarden Track Club - Glenarden, MD
	4x400 Meter Relay Youth Boys	3:22.80	6/12/2004	Glenarden Track Club - Glenarden, MD
	4x800 Meter Relay Youth Boys	9:18.80	1999	Glenarden Track Club - Glenarden, MD
	High Jump Youth Boys	5-08.00	2001	Z. Linville - UNA
	Pole Vault Youth Boys	15-00.00	1998	M. Creamer - CCS
	Long Jump Youth Boys	21-00.50	1999	D. Quick - Glenarden
	Triple Jump Youth Boys	44-03.00	1999	D. Quick - Glenarden
	Discus Throw 1K Youth Boys	140-01	1999	B. Henger - Harrisville, WV
Shot Put 4Kg Youth Boys	40-11.00	1999	B. Henger - UNA	
15 to 16	100 Meter Dash Intermediate Boys	10.50	1998	H. Jefferson - Glenarden
	200 Meter Dash Intermediate Boys	21.58	1998	H. Jefferson - Glenarden
	400 Meter Dash Intermediate Boys	49.10	1998	A. Washington - Glenarden
	800 Meter Run Intermediate Boys	2:02.14	1998	D. Bobo - Glenarden
	1500 Meter Run Intermediate Boys	4:21.80	1990	D. Samuels - Dayton Gem Elite
	3000 Meter Run Intermediate Boys	9:46.10	1994	R. Smith - ASICS Ona
	3000 Meter Race Walk Intermediate Boys	20:58.70	1990	S. Burton - Durham YC
	110 Meter Hurdles 39" Intermediate Boys	14.40	1998	B. Royster - Glenarden
	400 Meter Hurdles 36" Intermediate Boys	1:00.29	1998	K. Alexander - Glenarden
	2000 Meter Steeplechase Intermed. Boys	7:44.00	2001	A. Bartley - CCS
	4x100 Meter Relay Intermediate Boys	42.40	1998	Glenarden Track Club - Glenarden, MD
	4x400 Meter Relay Intermediate Boys	3:27.02	1998	Glenarden Track Club - Glenarden, MD
	4x800 Meter Relay Intermediate Boys	8:37.05	6/13/2003	Glenarden Track Club - Glenarden, MD
	High Jump Intermediate Boys	6-00.00	1999	J. Goodman - New Carrollton
	Pole Vault Intermediate Boys	12-06.00	1989	T. Wilson - CCS
	Long Jump Intermediate Boys	22-03.75	1998	A. Gibson - Stallion TC
	Triple Jump Intermediate Boys	43-07.00	1995	D. Leeper - Del-Five TC
Discus Throw 1.6K Intermediate Boys	143-02	1999	J. Moore - New Carrollton	
Shot Put 12lb Intermediate Boys	44-03.00	1999	J. Moore - New Carrollton	

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17 to 18	100 Meter Dash Young Men	10.45	1998	D. Myles - Glenarden
	200 Meter Dash Young Men	21.50	1990	D. Adair - Twin City Relays
	400 Meter Dash Young Men	47.80	1990	D. Adair - Twin City Relays
	800 Meter Run Young Men	1:58.28	2000	D. Harrison - Glenarden
	1500 Meter Run Young Men	4:09.06	1999	V. Thillet - New Carrollton
	3000 Meter Run Young Men	9:50.67	2001	B. Lukowski - CCS
	5000 Meter Run Young Men	15:37.00	1994	R. Cochran - Greensboro
	110 Meter Hurdles 39" Young Men	14.30	1998	J. Watts - Stallion TC
	400 Meter Hurdles 36" Young Men	55.21	1998	C. Douglas - Stallion TC
	2000 Meter Steeplechase Young Men	6:32.10	2001	S. Hiser - CCS
	4x100 Meter Relay Young Men	41.50	1990	Tri-City Relays
	4x400 Meter Relay Young Men	3:23.32	2001	Glenarden Track Club - Glenarden, MD
	4x800 Meter Relay Young Men	8:47.30	1995	ASICS Ona - Ona, WV
	High Jump Young Men	6-10.00	1998	N. Fields - UNA
	Pole Vault Young Men	15-00.00	1994	C. Freed - CCS
	Long Jump Young Men	22-07.00	1998	I. Oronsaye - Glenarden
	Triple Jump Young Men	45-02.00	1990	Lewis - Derby City
Discus Throw 1.6K Young Men	155-01	6/8/2002	Zach Morrison - Cabell Co. Ring Masters	
Shot Put 16lb Young Men	48-08.50	6/8/2002	Zach Morrison - Cabell Co. Ring Masters	
19 to 29	100 Meter Dash Open Men	10.60	1996	R. Jones - Del-Five TC
	200 Meter Dash Open Men	21.40	1996	R. Jones - Del-Five TC
	400 Meter Dash Open Men	49.40	2000	A. Battle - Glenarden
	800 Meter Run Open Men	1:56.61	6/11/2005	Matt Walsh - WESTON
	1500 Meter Run Open Men	4:16.60	1988	Wright - CCS
	3000 Meter Run Open Men	9:09.70	1997	V. Arnold - Marietta OH
	5000 Meter Run Open Men	15:57.40	1988	G. McKinney - CCS
	110 Meter Hurdles 39" Open Men	14.70	1990	V. Woodson - CCS
	400 Meter Hurdles 36" Open Men	53.70	1989	R. Hale - CCS
	3000 Meter Steeplechase Open Men	10:15.70	1999	E. Bolton - UNA
	4x100 Meter Relay Open Men	42.58	2000	Glenarden Track Club - Glenarden, MD
	4x400 Meter Relay Open Men	3:24.59	2001	Glenarden Track Club - Glenarden, MD
	4x800 Meter Relay Open Men	9:09.99	2001	Glenarden Track Club - Glenarden, MD
	High Jump Open Men	6-10.00	1987	Pleasant - CCS
	Pole Vault Open Men	17-06.00	1992	J. Core - CCS
	Long Jump Open Men	22-11.00	1989	R. Hale - CCS
	Triple Jump Open Men	47-11.00	1989	R. Hale - CCS
Discus Throw 1.6K Open Men	155-05	6/12/2004	John Paul Blankenship - Unattached	
Shot Put 16lb Open Men	52-05.00	6/12/2004	John Paul Blankenship - Unattached	

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30 to 39	100 Meter Dash Sub-Masters Men	11.20	1996	R. Hale - CCS
	200 Meter Dash Sub-Masters Men	22.20	1992	R. Hale - CCS
	400 Meter Dash Sub-Masters Men	51.65	6/8/2002	Anthony Battle - Glenarden
	800 Meter Run Sub-Masters Men	2:06.20	1993	M. Taylor - Pleasant Pacers
	1500 Meter Run Sub-Masters Men	4:17.20	1994	M. Taylor - CCS
	3000 Meter Run Sub-Masters Men	9:53.70	1993	J. Maher - CCS
	5000 Meter Run Sub-Masters Men	16:46.20	1994	Parsons - ASICS Ona
	3000 Meter Race Walk Sub-Masters Men	26:39.60	2000	W. Pinkett - Glenarden
	110 Meter Hurdles 39" Sub-Masters Men	14.80	1995	D. Hale - CCS
	400 Meter Hurdles 36" Sub-Masters Men	55.10	1992	R. Hale - CCS
	4x100 Meter Relay Sub-Masters Men	43.55	6/14/2003	Glenarden Track Club - Glenarden, MD
	4x400 Meter Relay Sub-Masters Men	3:28.48	6/14/2003	Glenarden Track Club - Glenarden, MD
	4x800 Meter Relay Sub-Masters Men	8:37.91	6/13/2003	Glenarden Track Club - Glenarden, MD
	High Jump Sub-Masters Men	6-00.00	2000	D. Blakemore - Powerstroke Athletic
	Pole Vault Sub-Masters Men	14-06.00	1999	S. Thaxton - UNA
	Long Jump Sub-Masters Men	22-07.00	1992	R. Hale - CCS
	Triple Jump Sub-Masters Men	47-04.00	1993	R. Hale - CCS
	Discus Throw 1.6K Sub-Masters Men	140-04	6/8/2002	Dave Darst - Point Pleasant
	Shot Put 16lb Sub-Masters Men	56-11.00	6/8/2002	Dave Darst - Point Pleasant
	40 to 49	100 Meter Dash Masters Men	11.69	1998
200 Meter Dash Masters Men		23.20	1997	R. Bowen - UNA
400 Meter Dash Masters Men		52.28	1999	G. Crawford - Glenarden
800 Meter Run Masters Men		2:27.64	2000	R. Dye - Buckhannon
1500 Meter Run Masters Men		4:33.62	6/8/2002	Donald Blackman - TRI-CITY
3000 Meter Run Masters Men		11:09.10	1997	H. Bruner - CCS
5000 Meter Run Masters Men		17:55.60	1999	J. Barker - Up and Coming
3000 Meter Race Walk Masters Men		18:59.60	1997	R. Chase - S. Charleston
110 Meter Hurdles 39" Masters Men		17.70	1993	Crutchfield - CCS
400 Meter Hurdles 36" Masters Men		1:08.22	6/9/2006	Daniel Wills – Glenarden
3000 Meter Steeplechase Masters Men		11:42.80	1999	R. Swartz - UNA
4x100 Meter Relay Masters Men		46.20	1989	Dayton Masters TC - Dayton,OH
4x400 Meter Relay Masters Men		4:45.80	1989	Eleanore TC - Eleanore, WV
4x800 Meter Relay Masters Men		9:25.00	6/11/2004	Capital City Striders - CCS
High Jump Masters Men		5-06.00	2000	M. Harris - CCS
Pole Vault Masters Men		13-00.00	2000	R. Dye - Buckhannon
Long Jump Masters Men		17-11.00	1993	B. Page - CCS
Triple Jump Masters Men		34-11.00	6/9/2006	Rob Watson – Cavalier Cavalettes
Discus Throw 1.6K Masters Men		138-08	2000	G. Henger - Cabell Co. Ring Masters
Shot Put 16lb Masters Men		48-01.00	1997	J. Gagnon - Charleston, WV

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<u>Age Group</u>	<u>Event Name</u>	<u>Time/Mark</u>	<u>Date</u>	<u>Name or Team</u>
50 to 59	100 Meter Dash Master-Master Men	11.78	6/12/2004	Thomas Jones - Glenarden
	200 Meter Dash Master-Master Men	23.51	6/14/2003	Tom Jones - Glenarden
	400 Meter Dash Master-Master Men	55.40	6/11/2005	Thomas Jones - Glenarden
	800 Meter Run Master-Master Men	2:41.73	1999	L. Starks - Glenarden
	1500 Meter Run Master-Master Men	5:06.48	2000	H. Bruner - CCS
	3000 Meter Run Master-Master Men	11:11.00	2000	H. Bruner - CCS
	5000 Meter Run Master-Master Men	19:45.60	1999	H. Bruner - CCS
	4x100 Meter Relay Master-Master Men	48.78	6/12/2004	Glenarden Track Club - Glenarden, MD
	High Jump Master-Master Men	4-00.00	2000	H. Bruner - CCS
	Long Jump Master-Master Men	13-11.25	2001	L. Wesley - Glenarden
	Discus Throw 1.6K Master-Master Men	81-05	6/10/2006	Stephen Reed - UNA
	Shot Put 16lb Master-Master Men	37-05.50	2000	J. Caldwell - CCS
	Pole Vault Master-Master Men	9-00.00	6/10/2006	H. E. Lewis, Jr - CCS
	60 +	Triple Jump Grand Master Men	22-05.50	6/7/2002
100 Meter Dash Grand Master Men		12.87	6/11/2005	Melvin Fields - Glenarden
200 Meter Dash Grand Master Men		25.53	1998	L. Colbert - Glenarden
400 Meter Dash Grand Master Men		55.60	1998	L. Colbert - Glenarden
800 Meter Run Grand Master Men		3:12.00	1995	B. Medley - CCS
3000 Meter Race Walk Grand Master Men		15:37.90	1995	G. Miller - WV
100 Meter Hurdles 30" Grand Master Men		21.90	1998	B. Medley - CCS
400 Meter Hurdles 36" Grand Master Men		1:31.80	1996	B. Medley - CCS
High Jump Grand Master Men		4-02.00	1997	B. Medley - CCS
Long Jump Grand Master Men		15-09.00	2001	B. Medley - CCS
Discus Throw 1.6K Grand Master Men		92-02	2000	S. Haynes - CCS
Shot Put 16lb Grand Master Men		23-01.00	6/12/2004	B. Medley - CCS