



Capital City Striders
AGE GROUP
Track & Field
All – Comers
Meet

Tuesday

July 19, 2016

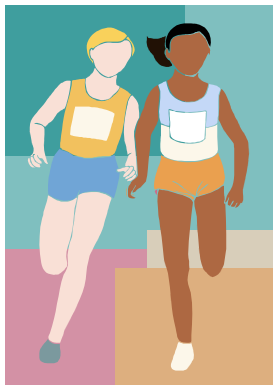
Registration begins at 5:30 PM
UC Stadium at
Laidley Field
Charleston
West Virginia

\$5.00 entry fee per athlete

Awards for places 1 through 6

Age groups:

| | |
|-------|----------------|
| 4-6 | Sub-Sub-Bantam |
| 7-8 | Sub-Bantam |
| 9-10 | Bantam |
| 11-12 | Midget |
| 13-14 | Youth |
| 15-16 | Intermediate |
| 17-18 | Young |
| 19-29 | Open |
| 30-39 | Sub-Master |
| 40-49 | Master |
| 50-59 | Master/Master |
| 60+ | Grand Master |



FOR MORE INFORMATION PLEASE
 CALL **PAUL GILMER AT 304-389-1982**

PGilmer@AOL.com

www.Capitalcitystriders.com

Order of Events:

- | | |
|-------------------|-------------|
| 3k/5k | Long jump |
| all short hurdles | Triple Jump |
| 50m | Shot Put |
| 100m | |
| 400m | Discus |
| 1500m | High Jump |
| 4x100 | Pole Vault |
| long hurdles | |
| 200 | |
| 800 | |
| 4x400 | |