



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

Tuesday

July 11, 2013

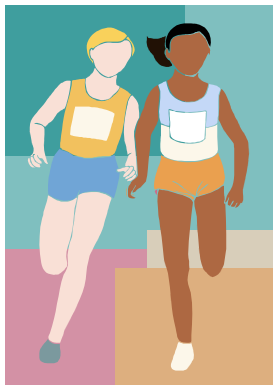
Registration begins at 5:00 PM
UC Stadium at
Laidley Field
Charleston
West Virginia

\$2.00 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 | Javelin |
| 400m | Discus |
| 1500m | High Jump |
| 4x100 | Pole Vault |
| long hurdles | Turbo Jav |
| 200 | |
| 800 | |
| 4x400 | |