

Capital City Striders, Inc.

2010

Summer Track & Field Schedule

May 28-29	WV Wheelchair Games	Laidley Field	Chas.	WV
May 29	WV USATF Assoc. Championships	Laidley Field	Chas.	WV
May 29	WV Dist. AAU Championships	Laidley Field	Chas.	WV
Jun 4,5,6	Volunteer at WV Special Olympics	Laidley Field	Chas.	WV
Jun 11&12	25 th Annual Strider Invitational	Laidley Field	Chas.	WV
Jun 17-20	AAU National Qualifier	Laidley Field	Chas.	WV
Jun 26	TBA	TBA	TBA	TBA
July 8 – 11	USATF Region 5 Championships (Qual.)	Eastern KY U	Richmond	KY
July 16-19	TBA	TBA	TBA	TBA
July 23-25	Blount East Coast Invitational (Qualifiers)	Duke U.	Durham	NC
Jul 26- 31	USATF National Champ. (Qual.)	MT SAC **	LA	CA
Aug 1- 8	AAU National Championships (Qual.)	Norfolk St.	Norfolk	VA
Sept 4	Charleston Distance Run	State Capitol	Charleston	WV
Nov 6	AAU/USATF Association Cross Country	Coonskin	Charleston	WV
Nov 20	USATF Regional XC Championships	Coonskin	Charleston	WV
Dec 4	AAU National XC Championships	TBA **	TBA	TBA
Dec 11	USATF National XC Championships	TBA **	Hoover	AL

**** No current CCS team Commitment to travel**

FOR MORE INFORMATION CALL Paul Gilmer at (304) 343-0128 (pjgilmer@aol.com)

March 20, 2010