



**INAUGURAL
CLIFF NIXON INVITATIONAL
TRACK MEET
JUNE 1, 2019**



LOCATION

- Lake Washington High School Track, 12033 NE 80th St, Kirkland, WA 98033

AWARDS

- 1st place finishers in each event except relays will receive a complimentary "Champion" t-shirt
- Individual events- Medals 2nd and 3rd place. Ribbons 4th – 8th place.
- Relay events- Medals 1st place only. Ribbons for 2nd and 3rd place.

FACILITIES

- The stands are not covered. No tent set up allowed in front of the press box.
- The track infield will not be used for warm-ups, except for Hurdle events. Warm-up outside the stadium.
- Spikes should be no longer than 1/4".
- Athletes cannot consume food or liquids other than water on the track & field.
- Concessions will be available during the meet.

MEET RULES

- Events will be judged according to USATF standards.
- Track events electronically timed, excluding the 3000m race.
- USATF age division rules (athlete's age as of 12/31/19).
- Top eight (8) times 100m preliminary races advance to finals.
- Maximum of four (4) events (including relays) for age groups 13/14 and older.
- Maximum of three (3) events (including relays) for age groups 11/12 and younger.
- Starting blocks and field equipment will be available.
- Four (4) attempts per field event. No finals. All field events will be measured in metric units.
- Check-in for field events at event location. Hurdle event warm-up and check-in on in-field.
- Track events may begin up to sixty (60) minutes ahead of schedule.
- COACHES AND SPECTATORS ARE NOT ALLOWED ON THE TRACK OR INFIELD.

REGISTRATION & FEES

- Entry fee is \$18 per athlete
- NO LATE OR DAY OF EVENT REGISTRATION. NO REGISTRATION CHANGES PERMITTED.
- All athletes must be pre-registered via Athletic.net
- **Meet Registration deadline: May 29, 2019 11pm PST**
- Registration will require the full birthdate for each athlete. USATF number not required.
- Registration and payment by credit card will be managed through Athletic.net.
- No substitutions for athletes.
- No refunds for athletes who cannot attend.
- Unattached athletes are welcome to register through Athletic.net.

Meet Director: MeetDirector@CascadeStriders.com



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SCHEDULE OF EVENTS

ALL EVENTS ARE TIMED FINALS UNLESS OTHERWISE NOTED

ORDER OF EVENTS: Youngest to oldest, Girls then Boys in each age group.

8:30AM	3000m (2 heats. Girls, then boys)	11-12+	Hand-timed
9AM	80m/100m/110m Hurdles	11-12+	Check-in on in-field
9:30AM	4X800M Relay	11-12+	
10:15AM	100m Finals	5-6 only	
10:30AM	100M Prelims*	7-8+	Prelim is Final when eight (8) or fewer athletes are competing. Top 8 times advance to Finals.
	50m Lollipop Race	4 & under	No pre-registration required
1:30PM	1500M	7-8 & 9-10 only	
1:45PM	4X100M Relay	7-8+	
2:30PM	400M	7-8+	
4:00PM	100M Finals	7-8+	
4:30PM	400M Hurdles	15-16+	Check-in on in-field
4:45PM	200M Hurdles	13-14 only	
5:00PM	200M	5-6+	
6:00PM	"Lester Jackson" 4x400m Relay	7-8+	

Field Events– 4 Attempts Only.No Finals.

Athletes will check-in at event location for field events.

If field event time conflicts with running event, athlete must check-out with field event judge to be excused for running event.

Athletes will have 15 minutes to return to complete field event following race.

<u>DISCUS</u>		<u>HIGH JUMP</u>		<u>JAVELIN (Steel/Turbo)</u>	
12:45PM	11-12 & up	11:15AM	13-14 & up	9:45AM	13-14 & up
		12:45PM	11-12	11:15AM	7-8
		1:30PM	9-10	12PM	11-12
				12:45PM	9-10
<u>LONG JUMP</u>		<u>SHOT PUT</u>		<u>TRIPLE JUMP</u>	
9AM	9-10	9AM	13-14 & up	1:30PM	13-14 & up
9:45AM	11-12	9:45AM	7-8		
10:30AM	15-16 & up	11:15AM	11-12		
11:15AM	5-6	12PM	9-10		
12PM	13-14				
12:45PM	7-8				

Thank you for joining us! We hope you have a great meet!