



## 2018 CASCADE STRIDERS & SCAA ALL RELAYS MEET

**SATURDAY** May 12, 2018

### Location

LAKE WASHINGTON HS- 12033 NE 80<sup>th</sup> St., Kirkland, WA 98033

### Awards

- Entry tickets to the 2018 Brooks PR Invitational Meet will be handed out to 1st-8th place finishers immediately following each heat

### Facilities

- Stands are not covered.
- The track infield will be used for warm-ups.
- Facility has a synthetic track surface.
- Spikes should be no longer than 1/4".
- Athletes may not consume food or drink on the track or in-field. Water is permitted.
- **A concession stand will be available during most of the meet.**

### Meet Rules

- USATF age division rules apply (athlete's age as of 12/31/18).
- The purpose of this meet is for our athletes to compete and have fun.
- Relays WILL NOT be timed. Coaches are encouraged to time their teams.
- **Event order: GIRLS first, then BOYS, youngest to oldest UNLESS NOTED.**
- **"Co-Ed" relays must have AT LEAST one athlete from a different gender on the relay team.**
- **Athletes are allowed to "run up" in order to complete a relay team. The relay team will compete in the age group of the OLDEST athlete.**
- First event will begin at 8:30am followed by a rolling schedule.
- Event Announcement= 1st call, 2nd call, Final call.
- Starting blocks and batons will be provided.
- SPECTATORS ARE NOT ALLOWED ON THE TRACK OR INFIELD. Only COACHES and ATHLETES will be allowed on the infield.

### Registration & Fees

- Entry fee is \$5 per athlete.
- **Payment will be due the morning of the meet.** Cash and/or check will be accepted. Credit/debit card payments will not be accepted.
- Please complete registration using the attached "MEET ENTRY FORM"
- **Teams must email completed MEET ENTRY FORMS to [GoScaa@gmail.com](mailto:GoScaa@gmail.com) by Thursday, May 10<sup>th</sup> at 8pm PST**
- No refunds for late or absent registered athletes.
- Unattached relays are must also complete the Meet Entry Form

Meet Directors: [GoSCAA@gmail.com](mailto:GoSCAA@gmail.com) OR [Headcoach@cascadeStriders.com](mailto:Headcoach@cascadeStriders.com)

# CASCADE STRIDERS & SCAA

## ALL RELAYS MEET

### MEET SCHEDULE

**Registration fees station will open at 7:30am**

A registration table will be located at the southeast entrance to the track.

**CASH and/or CHECK ONLY** (Make payable to Cascade Striders)

First event will begin at 8:30am, followed by a **rolling schedule**

EVENT	Age Group	NOTES
<b>3000m</b> <b>(8:30am start)</b>	11/12 +	This event will not be timed. Coaches CAN compete. Coaches/parents are encouraged to time their athletes.
<b>4x100m Relay</b>	all	Youngest to oldest, girls first
<b>Co-Ed 4x100m Relay</b>	all	At least one athlete must be a different gender. Teams can determine relay order.
<b>4x800m Relay</b>	11/12 +	Age groups may be combined into one heat if there are less than 8 relays registered. Coaches CAN compete.
<b>Sprint Medley</b> (100-100-200-400)	all	This event will be contested in lanes all the way around the track.
<b>Coach/Volunteer</b> <b>4x100m relay</b>	<b>Relay members must be a current AND active coach/volunteer/team parent</b>	
<b>Distance Medley</b> (1200-800-800-400)	11/12 +	Coaches CAN compete.
<b>Co-Ed 4x200m Relay</b>	all	At least one athlete must be a different gender. Teams can determine relay order.
<b>4x400m Relay</b>	9/10 +	