

CASCADE STRIDERS

45th Annual Invitational

June 2, 2018

[A USATF sanctioned event]



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 have medals for 2nd and 3rd place. Ribbons for 4th – 8th place.
- Relay events have medals for 1st place only. Ribbons for 2nd and 3rd place.
- Participant ribbons for all competitors.

Facilities

- The stands are not covered. Bring an umbrella, rain gear, or sun-block as appropriate.
- The track infield will not be used for warm-ups, except for Hurdle events. Warm-up outside the stadium.
- Lake Washington has a synthetic track and runways.
- Spikes should be no longer than 1/4".
- Athletes may not consume food or drink on the track & field. Water is permitted.
- Food truck concessions will be available 11am-2pm. (Details on page 3)

Meet Rules

- Events will be judged according to USA Track & Field standards.
- Track events electronically timed, excluding the 3000m race.
- USATF age division rules (athlete's age as of 12/31/18).
- 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 provided but teams can bring their own.
- 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, not at running event check-in. Hurdles check-in on in-field.
- Track events may begin up to sixty (60) minutes ahead of schedule. Please arrive early.
- COACHES AND SPECTATORS ARE NOT ALLOWED ON THE TRACK OR INFIELD.

Registration & Fees

- Meet Director contact: President@CascadeStriders.com
- NO LATE OR DAY OF EVENT REGISTRATION. NO REGISTRATION CHANGES PERMITTED.
- All athletes must be pre-registered via Coach O ([CoachO Registration Link](#)> Calendar > Scroll down to June 2nd event) by **11pm PST, Wednesday, 5/30/18.**
- Registration requires the full birthdate for each athlete. **USATF number not required.**
- **Entry Fees are \$6.00 per event and \$24 for each relay team.**
- Registration and payment by credit card will be managed through Coach O.
- No substitutions for athletes.
- No refunds for late or absent registered athletes.
- Unattached athletes are welcome to register through Coach O.



CASCADE STRIDERS

45th Annual Invitational Track & Field Meet

June 2, 2018

Schedule of Events

Track events may begin up to sixty (60) minutes ahead of schedule. Please arrive early.

| | | |
|-------|--|-------------------|
| 8:30 | 3000m (2 heats, girls then boys) ** Hand-timed** | 11/12 and up |
| 9:00 | 80m/100m/110m Hurdles Event check-in on in-field | 11/12 and up |
| 9:30 | 800m | 7/8 and up |
| 10:15 | 100m Finals | 5/6 only |
| 10:30 | 100m Prelim* | 7/8 and up |
| | 50m LOLLIPOP RACE (No pre-registration required) | Ages 5 and UNDER |
| 1:30 | 1500m | 7/8 and 9/10 ONLY |
| 1:45 | 4X100m Relay | 5/6 and up |
| 2:30 | 400m | 7/8 and up |
| 3:45 | 100m Finals | 7/8 and up |
| 4:15 | 400m Hurdles Event check-in on the in-field | 15/16 and up |
| 4:30 | 200m Hurdles Event check-in on the in-field | 13/14 only |
| 4:45 | 200m | 5/6 and up |
| 5:30 | 4X400m Relay | 7/8 and up |

ALL EVENTS ARE TIMED FINALS EXCEPT THE 100m FOR 7-8 AGE GROUP AND UP.

ORDER OF EVENTS IS YOUNGEST TO OLDEST, GIRLS THEN BOYS IN EACH AGE GROUP.

*Prelim is Final race when eight or fewer athletes are competing. Top 8 times advance to Finals.

FIELD EVENTS SCHEDULE BEGINS ON PAGE 2

FIELD EVENTS

- Athlete will get 4 attempts. There are no finals.
- ATHLETES WILL CHECK-IN AT EVENT LOCATION FOR FIELD EVENTS.
- IF FIELD EVENT TIME CONFLICTS WITH RUNNING EVENT:
 - Athlete must go to FIELD EVENT JUDGE TO CHECK OUT of field event, and must return to field event within 30 minutes of completing the running event to conclude the field event.

| | 9:00 | 9:45 | 10:30 | 11:15 | Noon | 12:45p | 1:30p |
|------------------------------|-------|-------|-------|-------|-------|--------|-------|
| Discus | | | | | | 11+up | |
| Shot put | 13+up | 7/8 | | 11/12 | 9/10 | | |
| Turbo javelin | | | | 7/8 | 11/12 | 9/10 | |
| Steel javelin | | 13+up | | | | | |
| Boys long jump: East pit | 9/10 | 11/12 | 15+up | 5/6 | 13/14 | 7/8 | |
| Girls long jump: West pit | 9/10 | 11/12 | 15+up | 5/6 | 13/14 | 7/8 | |
| High jump | | | | 13+up | | 11/12 | 9/10 |
| Triple jump | | | | | | | 13+up |

CONCESSIONS

The following food trucks/booths will be on site:

La Riviera Maya- tacos and more

Pecos Pit BBQ- pulled pork, brisket, and more

Island Blends Acai- Smoothies, Acai bowls, poke bowls, and more

Have an Ice Day- Shaved ice

Thank you for joining us - we hope you have a great meet!

