



CASCADE STRIDERS & SCAA ALL RELAYS MEET

SUNDAY May 21, 2017

Location

French Field/Kent Meridian HS, 10200 SE 256th St, Kent, WA 98031

Awards

- Ribbons will be handed out to 1st-8th place finishers immediately following each heat

Facilities

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

Meet Rules

- Relays will be HAND TIMED.
- Relays are timed finals.
- Relays will be run youngest to oldest, girls first
- Order for all "co-ed" relays will be Girl-Boy-Girl-Boy
- First event will begin at 9am followed by a rolling schedule.
- Event Announcement= 1st call, 2nd call, Final call.
- USATF age division rules apply (athlete's age as of 12/31/16).
- 11/12 age group and under= 3 event maximum.
- 13/14 age group and up=4 event maximum.
- Starting blocks and batons will be provided.
- SPECTATORS ARE NOT ALLOWED ON THE TRACK OR INFIELD.

Registration & Fees

- NO LATE OR DAY OF EVENT REGISTRATION. NO REGISTRATION CHANGES PERMITTED.
- Registration requires the full birthdate for each athlete. **USATF number not required.**
- All relay teams must be pre-registered via Coach O (www.coacho.com > Calendar > Scroll down to May 21 event) by **11pm PST, Wednesday, May 17, 2017.**
- Registration requires the full birthdate for each athlete. USATF number not required.
- Entry Fees are \$15 per relay.
- Registration and payment by credit card will be managed through Coach O.
- No substitutions for athletes the day of the meet.
- No refunds for late or absent registered athletes.
- Unattached relays are welcomed to register through Coach O.

Meet Directors: GoSCAA@gmail.com OR Headcoach@cascadeStriders.com

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ALL RELAYS MEET

MEET SCHEDULE

First event will begin at 9am, followed by a rolling schedule

Event	Age Group	Notes
4x100m Relay	5/6 and up	Youngest to oldest, girls first
Co-Ed 4x100m Relay	5/6 and up	Girl-Boy-Girl-Boy
4x800m Relay	11/12 and up	Age groups may be combined into one heat if there are less that 8 relays registered
Sprint Medley (100-100-200-400)	5/6 and up	
Coach/Volunteer 4x100m relay	Relay members must be a current AND active coach/volunteer/team parent	
Distance Medley (1200-800-800-400)	11/12 and up	
Co-Ed 4x200 Relay	7/8 and up	Girl-Boy-Girl-Boy
4x400 Relay	9/10 and up	