

Cascade Striders 43rd Annual Invitational Track & Field Meet June 11, 2016

[A USA Track & Field sanctioned event]



Location

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

Registration & Fees

- NO LATE OR DAY OF EVENT REGISTRATION. NO REGISTRATION CHANGES PERMITTED.
- All athletes must be pre-registered via Coach O (www.coacho.com > Calendar > Scroll down to June 11 event) by **11pm, Wednesday, June 8, 2016**.
- Registration requires the full birthdate for each athlete. **USATF number not required.**
- Entry Fees are \$6.00 per event for individual races and \$24.00 for relay teams.
- 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.

Awards

- **Awards will be mailed to teams and unattached athletes after the meet. NO meet day awards.**
- Individual events have medals for 1st – 3rd place. Ribbons for 4th – 8th place.
- Relay events have medals for 1st place only. Ribbons for 2nd and 3rd place.

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.
- A concession stand will be available during most of the meet.

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 12/31/16).
- 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.
- 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.**



Meet Director: Craig Collier | 206-399-7975 | president@cascastridestriders.com



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

Cascade Striders
 43rd Annual Invitational Track & Field Meet
 June 11, 2016



Schedule of Events

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

8:30	3000 M (2 heats, girls then boys) ** Hand-timed	11/12 and up
9:00	80/100/110 M Hurdles Event check-in on in-field	11/12 and up
9:30	800 M	7/8 and up
10:15	100 M Finals	5/6 only
10:30	100 M Prelim*	7/8 and up
Noon	1500 M	7/8 and up
1:15	50 M Lollipop Race **	4 and younger
1:30	4X100 M Relay	All ages
2:15	400 M	All ages
4:00	100 M Finals	7/8 and up
5:00	400 M Hurdles Event check-in on in-field	15/16 and up
5:30	200 M Hurdles Event check-in on in-field	13/14
5:45	200 M	All ages
6:30	4X400 M 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.

** 50m Lollipop Race for kids ages 4 and younger only. Free. No pre-registration required.

Field Events

	9:00	9:45	10:30	11:15	Noon	12:45	1:30
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

ATHLETES WILL CHECK-IN AT EVENT LOCATION FOR FIELD EVENTS.

IF FIELD EVENT TIME CONFLICTS WITH RUNNING EVENT, CHECK-IN WITH FIELD EVENT JUDGE TO BE EXCUSED TO RUNNING EVENT. ATHLETE WILL RETURN TO COMPLETE FIELD EVENT FOLLOWING RACE.

Thanks to **Jamba Juice** and **Pogacha** Restaurant for providing concessions!