



# CASCADE STRIDERS 2018

## Flying Feet Cross Country Invitational

[www.cascadestriders.com](http://www.cascadestriders.com)

Event is sanctioned by USA Track and Field

- When** Saturday, October 13, 2018
- Where** Wilburton Hill Park, Main Street & 124<sup>th</sup> NE, Bellevue, WA
- Driving Directions:  
From North or South on I-405 take the NE 8<sup>th</sup> St EAST exit. Travel east for ~1/2 mile to 124<sup>th</sup> Ave NE, turn right on 124<sup>th</sup> (south) for ~ 1/2 mile to park entrance on Main St.
- Registration** \$8.00 entry fee for all age groups. Registration begins at 9:00 am.
- Awards** *Individual:* Medals for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place. Ribbons for 4<sup>th</sup> through 8<sup>th</sup> place and participation ribbons for 5-6 and 7-8 age groups.  
*Team:* Awards for top three teams in all races.  
(Minimum 3 athletes from same team to qualify for team awards.)
- Questions** *Meet Director: Kendall Anderegg (206-618-0208)*  
[kendalla@mutualmaterials.com](mailto:kendalla@mutualmaterials.com)
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## Flying Feet Cross Country Invitational

Name \_\_\_\_\_ Gender: M / F Birth Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Club/Team \_\_\_\_\_

### Waiver and Release

I release the Cascade Striders, Bellevue Parks and Community Services, and the USATF, and their respective members, officers, representative, and any sponsor or volunteer from any claim for injuries that may occur as a result of my participation in this event. I attest that I am in proper physical condition to compete in the event and am aware of the risks of cross country running competition.

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### Participant Signature (Parent/Guardian/Coach if under 18)

Please check one of the following. Your age group is your age as of 12/31/18.

#### Course walk through at 10:00 am

_____ 10:45	6 & under	800 m	_____ 1:00	11 & 12 boys	3000 m
_____ 11:00	7 & 8	2000 m	_____ 1:30	13 & 14 girls	4000 m
_____ 11:30	9 & 10 girls	3000 m	_____ 2:00	13 & 14 boys	4000 m
_____ 12:00	9 & 10 boys	3000 m	_____ 2:30	15-18, OPEN	4000 m
_____ 12:30	11 & 12 girls	3000 m			

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