



AND



2023 RELAY CARNIVAL

SATURDAY- MAY 13, 2023

LOCATION: Lake Washington High School (12033 NE 80th St, Kirkland, WA)

AWARDS: Medals 1st-3rd, Ribbons 4th-8th place 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" pyramid.
- Athletes may not consume food or drink on the track or infield. Water is permitted.

MEET RULES:

- The purpose of this meet is for athletes to compete and have fun
- First event will begin at 8:30am followed by a rolling schedule
- Event announcement= 1st call, 2nd call, Final Call
- All events will be hand timed as a courtesy
- USATF age division apply
- Athletes are allowed to "run up" in age group in order to complete a relay. The relay will compete in the age group of the OLDEST athlete
- All Relays are CO-ED unless otherwise noted
- Relays will compete youngest to oldest
- Starting blocks and batons will be provided and teams are encouraged to bring their own block and batons.

REGISTRATION & FEES:

- Entry fee is \$5 per athlete
- Payment is due the day of the meet. **Cash or check only.** Make checks payable to "Cascade Striders". Electronic payment cannot be accepted.
- Free entry for spectators

MEET DIRECTORS: CoachZee.usatf@gmail.com OR GOSCAA@gmail.com



AND



MEET SCHEDULE

Athlete Registration open at 7:30am
FIRST EVENT AT 8:30, THEN ROLLING SCHEDULE

EVENT (8:30am Start)	AGE GROUP	NOTES
3k	11/12+	This event will not be timed. Coaches/Volunteers CAN compete. Coaches/ Parents are encouraged to time their athletes
4x100m Relay	5/6+	
Sprint Medley 100-100-200-400	5/6+	This event will be contested in lanes all the way around the track.
Coach/Volunteer 4x100 Relay	Relay members must be a current AND active coach/ volunteer/team parent	
Distance Medley (1200-400-800-1600)	11/12+	Coaches/Volunteers CAN compete
4x200m Relay	5/6+	
4x400m Relay	5/6+	Final Event

Questions/Needs/Inquiries:

CoachZee.usatf@gmail.com OR GOSCAA@gmail.com