

2022 Cascade Striders/SCAA

Relay Carnival

Saturday, May 14th, 2022

Location

- **Lake Washington High School - 12033 NE 80th St., Kirkland, WA 98033**

Awards

- 1st-8th place ribbons will be handed out to finishers 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 ¼”.
- Athletes may not consume food or drink on the track or infield. Water is permitted.

Meet Rules

- USATF age division rules apply (Athlete's age as of 12/31/22)
- The purpose of this meet is for our athletes to compete and have fun.
- Relays will not be timed. Coaches are encouraged to time their teams.
- **Event order: GIRLS first, then BOYS, youngest to oldest UNLESS NOTED.**
- **ALL relays are Coed welcome.**
- **Athletes are allowed to “run up” in order to complete a relay team. The relay team will compete in the age group of the OLDEST athlete.**
- First event will begin at 8:30am followed by a rolling schedule.
- Event Announcement = 1st call, 2nd call, Final call.
- Starting blocks and batons will be provided.
- Relay Zones: **30m Exchange zones** will be observed for the 4x100, 4x200, and Sprint Medley, **20m Exchange zones** will be used for the 4x400, 4x800, and Distance Medley.
- SPECTATORS ARE NOT ALLOWED ON THE TRACK OR INFIELD. Only COACHES and ATHLETES will be allowed on the infield.
- Timed Events: 3000m (11-12+) AND 80m/100m/110m Hurdles (11-12+), ONLY.

Registration and Fees

- Entry fee is \$5 per athlete.
- **Payment is due on Athletic.net by Friday, May 13th at 11:00PM. [2022 Cascade Striders/SCAA Relay Carnival - Registration - Track & Field Meet \(athletic.net\)](https://athletic.net/2022-Cascade-Striders-SCAA-Relay-Carnival-Registration-Track-Field-Meet)**
- **YOU DO NOT NEED A FULL RELAY TEAM TO ENTER. Partial relay teams are accepted and can be filled by other teams' athletes to allow EVERYONE to participate.**
- No refunds for late or absent registered athletes.
- Unattached relays are welcome.

Meet Directors: GoSCAA@gmail.com OR coachzee.usatf@gmail.com

Meet Schedule

First event will begin at 8:30am, followed by a rolling schedule

Event (8:30am Start)	Age Group	Notes
3000m	11-12+	This event WILL be timed
80m/100m/110m Hurdles	11-12+	This event WILL be timed. Order: 80m Hurdles (Girls THEN Boys) 100m Hurdles (13-14 Girls) 100m Hurdles (13-14 Boys, 15-16 and 17-18 Girls/Women) 110m Hurdles (15-16 and 17-18 Boys/Men)
4x100m Relay	All	
4x800m Relay	11-12+	Age groups may be combined into one heat if there are less than 8 relays registered. Coaches CAN compete.
Sprint Medley Relay (100-100-200-400)	All	
Coaches/Volunteer 4x100m Relay	Relay members must be a current AND active coach/volunteer/team parent	
Distance Medley Relay (1200-400-800-1600)	11-12+	Coaches CAN compete
4x200m Relay	All	
4x400m Relay	9-10+	