

# Rain City Flyers Go The Distance Meet 2025



Open to all youth



## Includes:

- Steeplechase - Open to all ages (13+)!
- FAT Timing
- Sprint and Distance Medley Relays

REGISTER HERE!



Registration opens 4/30/25

## Fees:

\$25 per athlete  
\$40 per relay team

## ORDER OF EVENTS

(Events start at 10AM)

- 800m
- 3000m
- Lollipop Lap (6 and under)
- 400m
- Distance Medley Relay
- 1500m
- 2000m Steeplechase
- Sprint Medley Relay (2-2-4-8)

Schedule will be finalized when registration closes

# Sunday May 25, 2025

Ingraham High School • 1819 N 135th St, Seattle, WA 98133