



# Rain City Flyers

## Go the Distance Track Meet 2024



### USATF Sanctioned Youth Event

Sunday, May 26<sup>th</sup> 2024

**Location:** Ingraham High School Track, 1819 N 135<sup>th</sup> St, Seattle, WA 98133

**Awards:** Ribbons for 1<sup>st</sup>-8<sup>th</sup> places in Individual Events and 1<sup>st</sup>-6<sup>th</sup> places in Relays.

#### Facilities:

- The stands are not covered – tents allowed only in back row of stands. **No tents in front of press box!**
- Only water allowed on infield. No other food or drink allowed.
- No spikes longer than ¼” are allowed.
- Track in-field will be available for athlete warmups. **No parents or coaches allowed on track or infield, except for 8U athlete support.** Please allocate 1-2 coaches/parents per team for this role.
- Concessions will be available from 9AM-4PM. Cash, Card and VenMo accepted.

#### Meet Rules:

- All events will be judged according to USATF Standards.
- All events will be FAT timed with Live Results.
- USATF Track Age (athlete’s age on 12/31/2024).
- Starting Blocks will be available.
- Relay Teams to provide their own baton.
- Order of Events posted to [Athletic.net](https://athletic.net), Schedule will be set and released once registration closes.

#### Registration:

- Registration is through Athletic.net.
- Flat Fee of \$25 for Individuals, \$20/Relay Team.
- Registration closes Wednesday, May 22<sup>nd</sup> at 9 PM.
- **No day of or late registration.**
- Unattached athletes welcome!
- Steeplechase is open to youth 13+, open and masters athletes!

Meet Director: Sarah Campbell [sarah@raincityflyers.org](mailto:sarah@raincityflyers.org)