



CASCADE STRIDERS
BELLEVUE, WA

CASCADE STRIDERS 2022 Flying Feet Cross Country Invitational

www.cascadestridders.com

Event is sanctioned by USA Track and Field

When Saturday, October 15, 2022

Where Wilburton Hill Park, Main Street & 124th NE, Bellevue, WA

Driving Directions:

From North or South on I-405 take the NE 8th St EAST exit. Travel east for ~ ½ mile to 124th Ave NE, turn right on 124th (south) for ~ ½ mile to park entrance on Main St.

Registration Online on Athletic.net, deadline 10/12/2022 11:59 PM – **no day of race registration:**

<https://www.athletic.net/CrossCountry/meet/217051/register>

Team instructions:

<https://www.athletic.net/Help/CrossCountry.aspx?Meet=217051>

Fees: \$10/athlete, payable by credit card for individuals; teams paying together can pay by check/credit card/other prior arrangements.

Awards *Individual:* Medals for 1st, 2nd, & 3rd place. Ribbons for 4th through 8th place and participation ribbons for 5-6 (other age groups by request).

Team: Awards for top three teams in all races.

(Minimum 3 athletes from same team to qualify for team awards.)

Questions Meet Directors: Andy Leonard (206-852-0091) andy@cryptogamic.org
Erica Brandling-Bennett (206-618-2121) ebrandlingbennett@gmail.com

Meet Schedule

Races start at the times below. Your age group is your age as of 12/31/2022.

Course walkthrough at 10:00am

10:45	6 & under	800 m	12:30	11 & 12 girls	3000 m
11:00	7 & 8 girls	2000 m	1:00	11 & 12 boys	3000 m
11:15	7 & 8 boys	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