



# CASCADE STRIDERS 2024

## Flying Feet Cross Country Invitational

Event is sanctioned by USA Track and Field

When SUNDAY, October 13, 2024

Where Robinswood Park, 2432 148th Ave SE, Bellevue, WA 98007

Parking Small lots at the park; ample overflow parking at Bellevue Big Picture School: 14844 SE 22nd St, Bellevue, WA, 98007

Course Maps Distances are approximate.

1km: <https://www.strava.com/routes/3142864848522348930>

2km: <https://www.strava.com/routes/3136393635450876122>

3km: <https://www.strava.com/routes/3141238918248716506>

4km: <https://www.strava.com/routes/3141237004357573850>

2.8km Open/Relay (Individual athletes or teams of 2-3):  
<https://www.strava.com/routes/3274603027681770442>

Registration Online on Athletic.net, deadline 10/9/2024 6:00 PM – **no day of race registration**: <https://www.athletic.net/CrossCountry/meet/249104/info>

Fees: \$10/athlete, individuals by credit card online. Teams may make alternative arrangements by contacting meet director.

Team registration instructions:  
<https://www.athletic.net/Help/CrossCountry.aspx?Meet=249104>

Awards *Individual*: Medals for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place. Ribbons for 4<sup>th</sup> through 8<sup>th</sup> place.

*Team*: Awards for the top three teams in all races.  
(Minimum three athletes from the same team to qualify for team awards.)

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

Meet Schedule					
Races start at the times below. Your age group is your age as of 12/31/2024.					
Distances are approximate. Course walkthrough at 10:00am					
10:45	6 & under	1 km	12:30	11 & 12 girls	3 km
11:00	7 & 8 girls	2 km	1:00	11 & 12 boys	3 km
11:15	7 & 8 boys	2 km	1:30	13-14/15-18 girls	4 km
11:30	9 & 10 girls	3 km	2:00	13-14/15-18 boys	4 km
12:00	9 & 10 boys	3 km	2:30	Open/Relay	2.8 km

## Notes for 2024 Meet:

- The courses are the same as 2023 (except for the Open/Relay race—see below); note that the meet is on Sunday instead of Saturday.
- 13-14 and 15-18 athletes will run together (one race for girls, one race for boys) but will be scored separately.
- **New for 2024: Open/Relay Race**
  - Final race of the day
  - 3 laps of the smallest loop for a distance of approximately 2.8k
  - Runners can run all three laps individually or organize relay teams of two or three runners.
  - The exchange zone will be at the start line:
    - We will have a small number of slap bracelets for relay teams to exchange
    - Relay teams may also bring their own baton/scrunchy/etc. or just slap hands
  - This is a fun/participatory race:
    - No entry fee – but all entrants must register on Athletic.net to complete the waiver. (There is no need to indicate relay vs open status or relay positions when registering for this race on Athletic.net.)
    - Athletes from earlier races *can* compete again in this race.
    - No ribbons/medals
    - No lap splits for relay teams.
    - We will record relay times using the name of the final leg runner for relays (open times will also be recorded).