



# Cascade Striders



## 36<sup>th</sup> ANNUAL INVITATIONAL

## TRACK & FIELD MEET

**Saturday, May 30th 2009**

**(A USA Track & Field sanctioned event)**

**Location:** SAMMAMISH HIGH SCHOOL TRACK  
100 140<sup>th</sup> SE  
Bellevue, WA

Driving directions: From north or southbound I-405, take the NE 8<sup>th</sup> St Exit. Go East on NE 8<sup>th</sup> approximately 1.5 miles to 140<sup>th</sup> Ave NE. Turn right (south) onto 140 Ave NE. Go approximately .6 miles to parking lot at southeast corner of Main St and 140<sup>th</sup> Ave NE.

### Age Groups:

- 6 & under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18
- USATF age division rules (athlete's age as of 12/31/09).

### Awards:

- Individual events have medals for 1<sup>st</sup> – 3<sup>rd</sup> place. Ribbons for 4<sup>th</sup> – 6<sup>th</sup> place.
- Relay events have medals for 1<sup>st</sup> place only. Ribbons for 2<sup>nd</sup> and 3<sup>rd</sup> place.
- Participant ribbons for all competitors.

### Facilities:

- Sammamish has synthetic track and runways.
- Spikes should be no longer than 1/4".
- No food or drink to be consumed on the track & field (water only allowed).
- A concession stand will be available during most of the meet.
- The stands are **not** covered. Bring an umbrella, rain gear, or suntan lotion as appropriate.

### Meet Rules:

- 1) Events will be judged according to USA Track & Field standards.
- 2) USATF age division rules (athlete's age as of 12/31/09).
- 3) Maximum of 4 events for athletes 13 and older. All others a maximum of 3 events.
- 4) Teams must bring their own starting blocks, shot, and discus.
- 5) 3 Throws/jumps in Shot Put, High Jump, Long Jump, Discus, Turbo Jav.

### Fees:

- Entry Fees are \$5.00 per event for individual races & \$20 for relay teams. Payment due before event.
- E-mail roster (Name, Gender, DOB, events, club) to meet director by Friday, May 29th, 10am.

### Contacts:

- [www.cascadestridders.com](http://www.cascadestridders.com)
- April Joseph 425-957-0590 Meet Director [meetdirector@cascadestridders.com](mailto:meetdirector@cascadestridders.com)
- Linda Sullivan 425-562-0957 President [president@cascadestridders.com](mailto:president@cascadestridders.com)
- Maria Laidler 425-373-5220 Head Coach [headcoach@cascadestridders.com](mailto:headcoach@cascadestridders.com)



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## Schedule of Events

(Track Events Electronically Timed)

Time	Running Events	Age Group*
<b>8:00</b>	<b>REGISTRATION OPENS</b>	
8:15	Racewalk	6&under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18
8:45	80 / 100 / 110 Hurdles	11-12, 13-14, 15-16, 17-18
<b>9:00</b>	<b>REGISTRATION CLOSES</b>	
9:30	3000M	11-12, 13-14, 15-16, 17-18
10:15	100 Meter Final	6 & under, 7-8,
10:30	100 Meter Prelims	9-10, 11-12, 13-14, 15-16, 17-18
12:00	800 Meter Run	9-10, 11-12, 13-14, 15-16, 17-18
12:45	Coaches 4 X 400 Meter Relay <sup>1</sup>	Coaches
1:15	4 x 100 Meter Relay	6 & under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18
2:15	400 Meter Race	7-8, 9-10, 11-12, 13-14, 15-16, 17-18
3:15	100 Meter Finals	6 & under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18
4:00	1500 Meter Run	9-10, 11-12, 13-14, 15-16, 17-18
4:45	400M Hurdles	15-16, 17-18
4:45	200M Hurdles	13-14
5:15	200 Meter Race	6 & under , 7-8, 9-10, 11-12, 13-14,15-16,17-18
5:45	4x400 Meter Relay	9-10,11-12,13-14,15-16,17-18

### Field Events

### Time/Age Group\*

	8:30	9:00	9:30	10:00	10:30	11:00	11:30
Long Jump	6 & under	7-8	9-10	11-12	13-14	15-16	17-18
High Jump		9-10	11-12	13-14	15-16	17-18	
Shot Put		9-10	11-12	13-14	15-16	17-18	
Discus			11-12	13-14	15-16	17-18	
Turbo Javelin	1:00pm	9-10, 11-12					

\* Age Groups are based on an athlete's age as of 12/31/09

**NOTE: EVENTS MAY BE RUN UP TO 60 MIN AHEAD OF SCHEDULED TIME**

<sup>1</sup> Time Permitting