



CASCADE STRIDERS 2009

Flying Feet Cross Country Invitational



www.cascadestridders.com

Event is sanctioned by USA Track and Field

- When** Saturday, October 10, 2009
- Where** Wilburton Hill Park, Main St & 124th Ave NE, Bellevue, WA
 Driving Directions: From North or South on I-405 take the NE 8th St EAST exit. Go east for ~ 1/2 mile to 124th Ave NE. Go right on 124th (south) for ~ 1/2 mile to park entrance on Main St.
- Registration** \$7.00 entry fee all age groups. Registration begins at 10:00 a.m.
- Awards** *Individual:* Medals for 1st, 2nd & 3rd place, ribbons for 4th through 8th place and participation ribbons in all age groups.
Team: Awards for 1st through 3rd teams in all races.
 (Minimum 3 athletes from same team to qualify for team awards.)

Questions? *Meet director: Debbie Phillips (425) 345-5505 or president@cascadestridders.com*

Name: _____ Birth Date: _____ Sex: M / F

Address: _____

City: _____ Zip: _____

Phone: _____ Club / Team: _____

Please check one of the following (your age group is your age as of 12/31/09).

Course Walkthrough at 10:30 am

_____ 11:00 6 & Under	800 meters	_____ 1:00 11 & 12 boys	3000 meters
_____ 11:15 7 & 8	1500 meters	_____ 1:30 13 & 14 girls	4000 meters
_____ 11:30 9 & 10 girls	3000 meters	_____ 2:00 13 & 14 boys	4000 meters
_____ 12:00 9 & 10 boys	3000 meters	_____ 2:30 15 -18, OPEN	4000 meters
_____ 12:30 11 & 12 girls	3000 meters		

Waiver and Release

I release the Cascade Striders, Bellevue Parks & Community Services, and the USATF, and their respective members, officers, representatives, and any sponsor or volunteer from any claim for injuries that may occur as a result of my participation in this event. I attest that I am in proper physical condition to compete in the event and am aware of the risks of cross country running competition.

Participant Signature (Parent/Guardian/Coach if under 18)