

## Location:

## SAMMAMISH HIGH SCHOOL TRACK

100 140th SE
Bellevue, WA

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

## Awards:

- Individual events have medals for $1_{\text {st }}-3_{\text {rd }}$ place. Ribbons for $4_{\text {th }}-8$ th place.
- Relay events have medals for $1_{\text {st }}$ place only. Ribbons for 2 nd and $3_{\text {rd }}$ 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.
- The track infield will not be used for warm-ups. Warm-up outside the stadium.


## Meet Rules:

- Events will be judged according to USA Track \& Field standards. Track events electronically timed.
- USATF age division rules (athlete's age as of 12/31/12).
- Maximum of 4 events for athletes 13 and older. All others a maximum of 3 events.
- Teams must bring their own starting blocks and shot.
- 3 Throws/jumps in Shot Put, Long Jump, \& Turbo Jav.
- Track events may begin up to sixty (60) minutes ahead of schedule. Please arrive early.


## Registration \& Fees:

All athletes must be pre-registered via www.Athletic.net by Wednesday, May 30 ${ }^{\text {th }}$ and payment must be received by Fri., June $1^{\text {st }}$. NO LATE OR DAY OF EVENT
REGISTRATION. Entry Fees are $\$ 5.00$ per event for individual races $\& \$ 20$ for relay teams. Send payment to Cascade Striders Treasurer, c/o Karen Mefford 49100 SE Middle Fork Road, North Bend, WA 98045.
Contacts:
Meet Director: Jim Lilly president@cascadestriders.com
Head Coach: Maria Laidler 425-373-5220 headcoach@cascadestriders.com


## SCHEDULE OF EVENTS <br> JUNE 2 ${ }^{\text {nd }}, 2012$

## TIME

8:45
9:00
9:30
10:15
10:30
11:30
12:15
1:00
2:15
2:30
3:00
3:15
3:30
4:00

EVENT
Racewalk ( 1.5 K and 3 K Hand Timed) 80 / 100 / 110 Hurdles 3000M
100M (FINALS)
100M PRELIM
800M
4 X 100M RELAY
400M
4 X 800M
100 M FINALS
400 M HURDLES
200 M HURDLES
200M
4 X 400M RELAY

## AGE GROUP

BANTAMS \& UP MIDGET \& UP MIDGET \& UP MINI/SUB BANTAMS BANTAMS \& UP BANTAMS \& UP SUB/MINI BANTAMS \& UP
SUB BANTAMS \& UP BANTAMS \& UP BANTAMS \& UP INTER. B/G \& YOUNG M/W YOUTH GIRLS \& BOYS ALL
BANTAMS \& UP, COACHES \& PARENTS

ALL EVENTS ARE TIME FINALS EXCEPT THE 100 METERS FOR BANTAMS \& UP

## FIELD EVENTS

|  | $\mathbf{9 : 0 0}$ | $\mathbf{9 : 3 0}$ | $\underline{\mathbf{1 0 : 0 0}}$ | $\mathbf{1 1 : 0 0}$ | $\underline{\mathbf{1 1 : 3 0}}$ | $\underline{1: 00}$ | $\mathbf{2 : 3 0}$ |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Long Jump |  <br> Mini's | Bantams | Midgets |  <br> Up |  |  |  |
| High Jump | Bantams | Midgets |  <br> Up |  |  |  |  |
| Triple Jump |  |  |  |  |  <br> Up |  |  |
| Shot Put | Bantams | Midgets |  <br> Up |  |  |  |  |
| Turbo <br> Javelin |  |  |  |  |  |  <br> Midgets |  |
| Steel Javelin |  |  |  |  |  |  |  <br> Up |

