

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 8th approximately 1.5 miles to 140th 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:

- o Individual events have medals for $1_{st} 3_{rd}$ place. Ribbons for $4_{th} 8_{th}$ place.
- Relay events have medals for 1st place only. Ribbons for 2nd and 3rd place.
- Participant ribbons for all competitors.

Facilities:

- Sammamish has synthetic track and runways.
- \circ 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.
- \circ 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.
- o 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 30th** and **payment** must be received by **Fri., June 1**st. <u>NO LATE OR DAY OF EVENT</u>

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 JUNE 2nd, 2012

TIME	EVENT	AGE GROUP
8:45	Racewalk (1.5 K and 3K Hand Timed)	BANTAMS & UP
9:00	80 / 100 / 110 Hurdles	MIDGET & UP
9:30	3000M	MIDGET & UP
10:15	100M (FINALS)	MINI/SUB BANTAMS
10:30	100M PRELIM	BANTAMS & UP
11:30	800M	BANTAMS & UP
12:15	4 X 100M RELAY	SUB/MINI BANTAMS & UP
1:00	400M	SUB BANTAMS & UP
2:15	4 X 800M	BANTAMS & UP
2:30	100 M FINALS	BANTAMS & UP
3:00	400 M HURDLES	INTER. B/G & YOUNG M/W
3:15	200 M HURDLES	YOUTH GIRLS & BOYS
3:30	200M	ALL
4:00	4 X 400M RELAY	BANTAMS & UP, COACHES &
		PARENTS

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

FIELD EVENTS

	<u>9:00</u>	<u>9:30</u>	<u>10:00</u>	<u>11:00</u>	<u>11:30</u>	<u>1:00</u>	<u>2:30</u>
	Sub's &			Youth &			
Long Jump	Mini's	Bantams	Midgets	Up			
			Youth &				
High Jump	Bantams	Midgets	Up				
					Youth &		
Triple Jump					Up		
			Youth &				
Shot Put	Bantams	Midgets	Up				
Turbo						Bantams &	
Javelin						Midgets	
							Youth &
Steel Javelin							Up