



**CASCADE STRIDERS**  
**39th ANNUAL INVITATIONAL**  
**TRACK & FIELD MEET**  
**JUNE 2nd, 2012**

(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.

**Awards:**

- Individual events have medals for 1<sup>st</sup> – 3<sup>rd</sup> place. Ribbons for 4<sup>th</sup> – 8<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.
- 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](http://www.Athletic.net) by **Wednesday, May 30<sup>th</sup>** and **payment** must be received by **Fri., June 1<sup>st</sup>. 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:**

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