



# CASCADE STRIDERS 2013

## Flying Feet Cross Country Invitational

[www.cascadestridders.com](http://www.cascadestridders.com)

Event is sanctioned by USA Track and Field

When Saturday, October 12, 2013

Where Wilburton Hill Park, Main Street & 124<sup>th</sup> NE, Bellevue, WA

**Driving Directions:**

From North or South on I-405 take the NE 8<sup>th</sup> St EAST exit. Travel east for ~1/2 mile to 124<sup>th</sup> Ave NE, turn right on 124<sup>th</sup> (south) for ~ 1/2 mile to park entrance on Main St.

Registration \$7.00 entry fee for all age groups. Registration begins at 9:00 am.

Awards Individual: Medals for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place. Ribbons for 4<sup>th</sup> through 8<sup>th</sup> place and participation ribbons in all age groups.

Team: Awards for 1<sup>st</sup> through 3<sup>rd</sup> teams in all races.  
(Minimum 3 athletes from same team to qualify for team awards.)

Questions Meet Director: Stephanie Brunner 425-785-0924  
[stephanie.brunner@me.com](mailto:stephanie.brunner@me.com)

Name \_\_\_\_\_ Gender: M / F Birth Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Club/Team \_\_\_\_\_

Please check one of the following. Your age group is your age as of 12/31/13.

### Course walk through at 10:00 am

_____	10:45	6 & under	800 m	_____	1:00	11 & 12 boys	3000 m
_____	11:00	7 & 8	2000 m	_____	1:30	13 & 14 girls	4000 m
_____	11:30	9 & 10 girls	3000 m	_____	2:00	13 & 14 boys	4000 m
_____	12:00	9 & 10 boys	3000 m	_____	2:30	15-18, OPEN	4000 m
_____	12:30	11 & 12 girls	3000 m				

#### Waiver and Release

I release the Cascade Striders, Bellevue Parks and Community Services, and the USATF, and their respective members, officers, representative, 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.

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