



CASCADE STRIDERS 2015

Flying Feet Cross Country Invitational

www.cascadestridders.com

Event is sanctioned by USA Track and Field

When Saturday, October 10, 2015

Where Wilburton Hill Park, Main Street & 124th NE, Bellevue, WA

Driving Directions:

From North or South on I-405 take the NE 8th St EAST exit. Travel east for ~1/2 mile to 124th Ave NE, turn right on 124th (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 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: Stephanie Brunner 425-785-0924*
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 12/31/15.

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.

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