



Cascade Striders



36th ANNUAL INVITATIONAL

TRACK & FIELD MEET

Saturday, May 30th 2009

(A USA Track & Field sanctioned event)

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.

Age Groups:

- 6 & under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18
- USATF age division rules (athlete's age as of 12/31/09).

Awards:

- Individual events have medals for 1st – 3rd place. Ribbons for 4th – 6th 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.
- 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.

Meet Rules:

- 1) Events will be judged according to USA Track & Field standards.
- 2) USATF age division rules (athlete's age as of 12/31/09).
- 3) Maximum of 4 events for athletes 13 and older. All others a maximum of 3 events.
- 4) Teams must bring their own starting blocks, shot, and discus.
- 5) 3 Throws/jumps in Shot Put, High Jump, Long Jump, Discus, Turbo Jav.

Fees:

- Entry Fees are \$5.00 per event for individual races & \$20 for relay teams. Payment due before event.
- E-mail roster (Name, Gender, DOB, events, club) to meet director by Friday, May 29th, 10am.

Contacts:

- www.cascadestridders.com
- April Joseph 425-957-0590 Meet Director meetdirector@cascadestridders.com
- Linda Sullivan 425-562-0957 President president@cascadestridders.com
- Maria Laidler 425-373-5220 Head Coach headcoach@cascadestridders.com



Cascade Striders



36th ANNUAL INVITATIONAL

TRACK & FIELD MEET

Saturday, May 30th 2009

(A USA Track & Field sanctioned event)

Schedule of Events

(Track Events Electronically Timed)

Time	Running Events	Age Group*
8:00	REGISTRATION OPENS	
8:15	Racewalk	6&under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18
8:45	80 / 100 / 110 Hurdles	11-12, 13-14, 15-16, 17-18
9:00	REGISTRATION CLOSES	
9:30	3000M	11-12, 13-14, 15-16, 17-18
10:15	100 Meter Final	6 & under, 7-8,
10:30	100 Meter Prelims	9-10, 11-12, 13-14, 15-16, 17-18
12:00	800 Meter Run	9-10, 11-12, 13-14, 15-16, 17-18
12:45	Coaches 4 X 400 Meter Relay ¹	Coaches
1:15	4 x 100 Meter Relay	6 & under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18
2:15	400 Meter Race	7-8, 9-10, 11-12, 13-14, 15-16, 17-18
3:15	100 Meter Finals	9-10, 11-12, 13-14, 15-16, 17-18
4:00	1500 Meter Run	9-10, 11-12, 13-14, 15-16, 17-18
4:45	400M Hurdles	15-16, 17-18
4:45	200M Hurdles	13-14
5:15	200 Meter Race	6 & under , 7-8, 9-10, 11-12, 13-14,15-16,17-18
5:45	4x400 Meter Relay	9-10,11-12,13-14,15-16,17-18

Field Events

Time/Age Group*

	8:30	9:00	9:30	10:00	10:30	11:00	11:30
Long Jump	6 & under	7-8	9-10	11-12	13-14	15-16	17-18
High Jump		9-10	11-12	13-14	15-16	17-18	
Shot Put		9-10	11-12	13-14	15-16	17-18	
Discus			11-12	13-14	15-16	17-18	
Turbo Javelin	1:00pm	9-10, 11-12					

* Age Groups are based on an athlete's age as of 12/31/09

NOTE: EVENTS MAY BE RUN UP TO 60 MIN AHEAD OF SCHEDULED TIME

¹ Time Permitting