



CASCADE STRIDERS 37th
ANNUAL INVITATIONAL TRACK & FIELD MEET
JUNE 12TH, 2010
(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.

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. Track events electronically timed.
- 2) USATF age division rules (athlete's age as of 12/31/10).
- 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 and shot.
- 5) 3 Throws/jumps in Shot Put, High Jump, Long Jump, & Turbo Jav.
- 6) Track events may begin up to sixty (60) minutes ahead of schedule. Please arrive early.

Registration & Fees:

All athletes must be **pre-registered** via Athletics.net by **Weds., June 9th** and **payment** must be received by **Fri., June 11th**. **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, c/o Linda Sullivan, 14925 SE 45th Place, Bellevue, Wa. 98006.

Contacts:

Meet Director meetdirector@cascadestridders.com

Head Coach ~ Maria Laidler 425-373-5220 headcoach@cascadestridders.com

SCHEDULE OF EVENTS

JUNE 12, 2010

TIME	EVENT	AGE GROUP
9:00	Racewalk	BANTAMS & UP
9:30	80 / 100 / 110 Hurdles	MIDGET & UP
10:30	3000M	MIDGET & UP
10:45	100M (FINALS)	MINI/SUB BANTAMS
11:00	100M PRELIM	BANTAMS & UP
12:00	800M	BANTAMS & UP
12:30	COACHES 800M	PARENTS & COACHES
1:00	4 X 100M RELAY	SUB/MINI BANTAMS & UP
1:30	400M	SUB BANTAMS & UP
2:30	4 X 800M	BANTAMS & UP
3:00	100 M FINALS	BANTAMS & UP
3:30	1500M	BANTAMS & UP
4:00	400 M HURDLES	INTER. B/G & YOUNG M/W
4:15	200 M HURDLES	YOUTH GIRLS & BOYS
4:30	200M	ALL
5:00	4 X 400M RELAY	BANTAMS & UP

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

FIELD EVENTS

	9:00	9:30	10:00	11:00	1:00
Long Jump	Sub's & Mini's	Bantams	Midgets	Youth & Up	
High Jump	Bantams	Midgets	Youth & Up		
Shot Put	Bantams	Midgets	Youth & Up		
Turbo Javelin					Bantams & Midgets