



CASCADE STRIDERS 2019

Flying Feet Cross Country Invitational

www.cascadestridders.com

Event is sanctioned by USA Track and Field

When Saturday, October 12, 2019

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 \$8.00 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 for 5-6 and 7-8 age groups.
Team: Awards for top three teams in all races.
(Minimum 3 athletes from same team to qualify for team awards.)

Questions *Meet Director: Andy Leonard (206-852-0091)*
andy@cryptogamic.org

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 12/31/2019.

Course walk through at 10:00 am

_____	10:45	6 & under	800 m	_____	12:30	11 & 12 girls	3000 m
_____	11:00	7 & 8 girls	2000 m	_____	1:00	11 & 12 boys	3000 m
_____	11:15	7 & 8 boys	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

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)