



CASCADE STRIDERS 2021 Flying Feet Cross Country Invitational

www.cascadestridders.com

Event is sanctioned by USA Track and Field

When Saturday, October 9, 2021

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 Online on Athletic.net, deadline 10/6/2021 11:59 PM:

<https://www.athletic.net/CrossCountry/meet/200967/register>

Team instructions:

<https://www.athletic.net/Help/CrossCountry.aspx?Meet=200967>

Fees: \$10/athlete.

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.)

COVID Safety For the safety of everyone, particularly the athletes too young to be vaccinated, we ask that all participants, coaches and spectators wear masks. (Masks are not required for athletes while warming up, racing and cooling down.)

Questions Meet Director: Andy Leonard (206-852-0091)

andy@cryptogamic.org

Meet Schedule

Races start at the times below. Your age group is your age as of 12/31/2021.

Course walkthrough at 10:00am

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