



Cascade Striders  
40<sup>th</sup> Annual Invitational  
Track & Field Meet  
June 8, 2013



### Schedule of Events

Track events may begin up to sixty (60) minutes ahead of schedule. Please arrive early.

8:30	3000 M (2 heats, girls then boys) ** Hand-timed	11/12 and up
9:00	80/100/110 Hurdles	11/12 and up
9:30	800 M	7/8 and up
10:15	100 M Final	7/8 and under
10:30	100 M Prelim*	9/10 and up
11:30	1500M (4 heats)	9/10 and up
12:15	4X100 M Relay	All ages
1:00	400M	All ages
2:15	100 M Finals	9/10 and up
2:45	400 M Hurdles	15/16 and up
3:00	200 M Hurdles	13/14
3:15	200M	All ages
4:00	4X400 M Relay	7/8 and up

ALL EVENTS ARE TIME FINALS EXCEPT THE 100 EVENTS FOR 9 YEARS OLD AND UP.  
ORDER OF EVENTS IS YOUNGEST TO OLDEST, GIRLS THEN BOYS IN EACH AGE GROUP.

\*Prelim is Final race when eight or fewer athletes are competing.

### Field Events

	9:00	9:45	10:30	11:15	Noon	12:45	1:30
Shot put	13+up	7/8		11/12	9/10		
Turbo javelin				7/8	11/12	9/10	
Steel javelin		13+up					
Long jump	9/10	11/12	15+up	5/6	13/14	7/8	
High jump				13+up		11/12	9/10
Triple jump							13+up

ATHLETES WILL CHECK-IN AT EVENT LOCATION FOR FIELD EVENTS.

IF FIELD EVENT TIME CONFLICTS WITH RUNNING EVENT, CHECK-IN WITH FIELD EVENT JUDGE TO BE EXCUSED TO RUNNING EVENT. ATHLETE WILL RETURN TO COMPLETE FIELD EVENT FOLLOWING RACE.

Thank you for joining us - we hope you have a great meet!