

# STRIDERS TC

Setting the Standard



by Raising the Bar

**TACOMA, GREATER PUGET SOUND & SEATTLE**

## **1<sup>ST</sup> ANNUAL STRIDERS ALL COMERS MEET**

**LOCATION:** Harry Lang Stadium  
11023 Gravelly Lake Drive SW-Lakewood, WA 98499

**Host team:** STRIDERS Track Club

**Facilities:** all-weather surface and runways. ¼ spikes only

**Date:** June 14<sup>th</sup> 2008 – Start time: Field events 9:00am. Track events 10:00am

**Registration:** Starts @ 7:30am

All participants must be AAU members, you can get your AAU membership from the National AAU website at [www.aausports.org](http://www.aausports.org) or by contacting the local office at [www.pnaau.org](http://www.pnaau.org)

**Entry Fees:** \$20.00 per athlete. This includes athletes on relay teams.

**Relay Fees:** None all relays are free, however each athlete must be registered to compete.

**This meet is open to all athletes in the following age groups:**

MASTERS, OPEN, 9-10, 11-12, 13-14, 15-16, 17-18.

**Awards:** MEDALS 1<sup>st</sup> thru 3<sup>rd</sup> Place, RIBBONS 4<sup>th</sup> thru 8<sup>th</sup> Place.

**Parking:** Available on a first come bases, NO FEE.

**Medical:** Trainer and Emergency medical will be available

**Restrooms:** Available.

**Spectator Fee:** \$3.00 per adult, \$1.00 15 & under.

**Concessions:** Will be sold.

# EVENTS

## FIELD EVENTS

All field events will be ran as open pits, each athlete is allowed Two (2) run through or warm up throws, each athlete will be given Three (3) approaches or throws for competition. **NO FINAL.**

## TRACK EVENTS

**GIRLS 100H 17-18, 15-16, 13-14.**

**BOYS 110hh 17-18, 15-16, 13-14.**

**GIRLS 100m PRELIM 9-10, 11-12, 13-14, 15-16, 17-18.**

**BOYS 100m PRELIM 9-10, 11-12, 13-14, 15-16, 17-18.**

**BOYS 800M RUN 13-14, 15-16, 17-18, 19-Open-Masters.**

**GIRLS 800M RUN 13-14, 15-16, 17-18, 19-Open-Masters.**

**GIRLS 100m FINAL 9-10, 11-12, 13-14.**

**BOYS 100m FINAL 9-10, 11-12, 13-14.**

**WOMENS 100m FINAL OPEN, MASTERS.**

**MENS 100m FINAL OPEN, MASTERS.**

**GIRLS 100m FINAL 15-16, 17-18.**

**BOYS 100m FINAL 15-16, 17-18.**

**ALL-IN GIRLS/WOMENS 3000m RUN.**

**ALL-IN BOYS/MENS 3000m RUN.**

**BOYS 200m DASH FINAL 9-10, 11-12, 13-14, 15-16, 17-18.**

**GIRLS 200m DASH FINAL 9-10, 11-12, 13-14, 15-16, 17-18.**

## 30 MIN INTERMISSION

**RACE OF CHAMPIONS 100m winner of each age group (staggered race).**

**BOYS 400m FINAL 13-14, 15-16, 17-18, OPEN.**

**GIRLS 400m FINAL 13-14, 15-16, 17-18, OPEN.**

**GIRLS 4X100m RELAY.**

**BOYS 4X100m RELAY.**

## Contact information

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