

The Rain City Flyers Go The Distance Meet

May 24, 2026

Ingraham High School Track
1819 N 135th St, Seattle, WA 98133

Meet Director: Sarah Campbell sarah@raincityflyers.org



FAT-timed races for youth runners!

Order of Events

- 800m – 8U+
- 3000m – 9-10+
- 400m – 8U+
- 1500m – 7-8+
- 2000m Steeplechase – 13+
- Sprint Medley Relay – 200m, 200m, 400m, 800m
- 4x800m Relay



*Scan for more info
and registration!*

Includes...

- ★ FAT Timing
- ★ Live Results
- ★ Steeplechase for everyone 13+ Including Open
- ★ Concessions
- ★ Lollipop Lap: 6U, prizes every 100m

Registration

- Registration is through athletic.net.
- Flat Fee of \$25 for Individuals, \$40/Relay Team.
- Registration closes Wednesday, May 20th at 9 PM.
- 400m race limited to 2 heats per age group/gender.
- No day of or late registration.
- Unattached athletes welcome!
- Steeplechase is open to youth 13+, open and masters athletes!
- No registration required for Lollipop Lap – all runners 6 and under are welcome!