



Cascade (Everett)



Bruins

2025 Outdoor Track & Field Calendar

Bruins

Date	Meet Name	Location	Depart	Field	Track	Return
Mon, Mar 3	First Practice		2:30 PM			4:30 PM
Mon, Mar 10	Parent Meet @ CHS		6:00 PM			7:00 PM
Fri, Mar 14	Team Picture Day		2:00 PM			4:00 PM
Thu, Mar 20	Everett - Mukilteo Track Jamboree	Everett Memorial Stadium, Everett		3:30 PM	3:45 PM	
Thu, Mar 27	Kamiak @ Cascade HELP!	Everett Memorial Stadium, Everett		3:30 PM	3:45 PM	
Wed, Apr 2	Wesco @ MPHS vs Arlington , Cascade, Lakewood	Quil Ceda Stadium, Marysville		3:30 PM	3:30 PM	
Mon, Apr 7	Spring Break Monday 4/7-Friday 4/11					
Thu, Apr 17	WESCO: Cascade, Glacier Peak, Shorewood @ Shoreline Stadium	Shoreline Stadium, Shoreline		3:30 PM	3:30 PM	
Sat, Apr 19 *	Robert Polk Invitational	Everett Memorial Stadium, Everett		10:00 AM	10:30 AM	
Thu, Apr 24	Mariner & Edmonds-Woodway @ Cascade HELP!	Everett Memorial Stadium, Everett		3:30 PM	3:45 PM	
Sat, Apr 26 *	35th Eason Invitational	Snohomish Veteran's Memorial Stadium, Snohomish		10:00 AM	10:00 AM	
Thu, May 1	Cascade, Archbishop Murphy @ Marysville Getchell	Quil Ceda Stadium, Marysville		3:30 PM	3:45 PM	
Sat, May 3 *	20th Annual Tomahawk Classic	Quil Ceda Stadium, Marysville		11:00 AM	11:15 AM	
Fri, May 9	Everett City Championships HELP!	Everett Memorial Stadium, Everett		4:00 PM	5:00 PM	
Wed, May 14 - Fri, May 16 *	WESCO 4A Championships	Arlington High School, Arlington		4:30 PM	5:30 PM	
Thu, May 22 *	Districts Day #1 (Placeholder)	Renton Memorial Stadium, Renton				
Sat, May 24 *	Districts Day #2 (Placeholder)	Renton Memorial Stadium, Renton				
Thu, May 29 - Sat, May 31 *	WIAA 2A, 3A, 4A State Championship Meet (HS)	Mount Tahoma High School, Tacoma				

Visit <https://www.athletic.net/> for meet results.

PRACTICE:

2025 RunnerSpace.com

*** QUALIFIER**

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M-TH 2:30-4:30 PM
Fri (LIF) 2:00-4:00 PM



Bruins

Cascade Track & Field

Expectations



Bruins

As a student-athlete at Cascade High School, I understand that participating in athletics is a privilege, and I will be held to the expectations listed below. As a part of this team I am representing myself, my family, Cascade High School and the Everett community. I will do so to the best of my ability.

Cascade Track & Field Daily Expectations

1. I will come to practice on time and ready to work. Practice starts at ~~2:45 pm~~ **2:30 pm**.
2. I will bring my training shoes, sweats, running tights, long sleeve running shirt, sweatshirt, rain shell and LOCK to each practice. I will check with my event coach each day as to whether I need spikes or throwing shoes for the next practice.
3. I will attend all practices, meets for which I qualify, and team meetings.
4. I will abide by all school and district policies.
5. I will always do my best.
6. I will maintain a positive and supportive attitude toward myself and my teammates.
7. I will exhibit good sportsmanship at all times.

Cascade Track & Field Meet Expectations

1. Plan on participating unless informed otherwise by a coach. NEVER ASSUME you are not competing, FIND OUT!
2. If you can not compete, plan to attend home meets to help run the event.
3. Unexcused absences will put your eligibility in jeopardy. Communicate with your coach!
4. Be on time for the bus. It is your responsibility to know when the bus is leaving and to be on it.
5. Be prepared to participate in any event that the team may need you in, or that your coaches feel the need to evaluate you in.
6. Expect to stay at the meet until it is over. You can leave when you have checked out with your event coach after the conclusion of the meet.
7. Plan ahead. Have all essential gear ready to go (uniform, spikes, warm ups, rain gear).
8. Always do your best. Don't let yourself or your teammates down.

Athlete Name (Print) _____

Athlete Signature _____

Cascade Track & Field Varsity Letter Requirements

Student-Athletes must meet all seven requirements in order to letter.

1. Attend daily practice
2. Display good sportsmanship
3. Compete in all possible meets and in all possible events
4. Support teammates
5. Comply with school and district athletic code
6. Earn 50 points from the options below:

- A. GPA 2.5-2.99 = 5 points,
GPA 3.0- 3.49 = 10 points
GPA 3.5-4.0 = 20 points
- B. Varsity Competition:

Regular Season Meets-

- Individual: 1st place = 5 points
2nd place = 3 points
3rd place = 1 points
- Relays: 1st - 5 points (1.25 each)

Post Season Meets-

- Individual: 1st- 10 point
2nd- 8 point
3rd- 6 point
4th- 5 point
5th- 4 point
6th- 3 point
7th- 2 point
8th- 1 point

- C. Qualifying for WESCO (by time or rank) = 20 pts.
D. Dedication and Loyalty: 4th complete season = 20 pts.
3rd complete season = 10 pts.
2nd complete season = 5 pts.

7. Coach's Recommendation!!!

- Note that "High Point" award will only include points earned in varsity competition. This includes Invites, League Meet, District Meet, and State Meet

WESCO TRACK AND FIELD

ORDER OF EVENTS

RUNNING EVENTS

- | | |
|------------------------|-----------------------|
| * B - 800 M Relay | B - 400 M Dash |
| G - 800 M Relay | G - 400 M Dash |
| G - 3200 M Run | B - 300 M Low Hurdles |
| B - 110 M High Hurdles | G - 300 M Low Hurdles |
| G - 100 M High Hurdles | B - 800 M Run |
| B - 100 M Dash | G - 800 M Run |
| G - 100 M Dash | B - 200 M Dash |
| B - 1600 M Run | G - 200 M Dash |
| G - 1600 M Run | B - 3200 M Run |
| B - 400 M Relay | B - 1600 M Relay |
| G - 400 M Relay | G - 1600 M Relay |

FIELD EVENTS

A. Shot Put - Discus - Javelin

The girls will throw the discus while the boys throw the shot. Upon completion, the groups will exchange areas. Boys will precede the Girls in javelin. The host school may have the option of open pit, based upon facility and meet management.

B. Long Jump/Triple Jump

Boys and girls will long jump first and triple jump afterwards.

C. High Jump

Boys will jump first with starting height of 5'0". Girls will begin when boys are finished with starting height of 4'0".

D. Pole Vault

Girls will go first with a starting height of 6'0" or a pre-meet determined height. Boys will come into competition at 8'0" after the girls are finished.

* ONLY IN REGULAR SEASON MEETS. NO POST SEASON.

CASCADE HIGH SCHOOL BOYS RECORDS

Event	Year	Athlete	Mark
110 Meter High Hurdles	2014	Kaleb Dobson	14.28
300 Meter Low Hurdles	2013	Kaleb Dobson	38.62
100 Meters	1996/2006	Adam Eberlein/Austin Curran	10.8
200 Meters	1980/1998	Tim Kramer/Adam Eberlein	22.2
400 Meters	1990	Donald Littlejohn	48.9
800 Meters	2010	Dylan Hopper	1:55.6
1600 Meters	2001	Andy Fader	4:15.4
3200 Meters	2000	Andy Fader	9:19.1
Half Marathon	2010	Aaron Campbell	1:16.58
20 Miles	1969	Ron Martin	1:59.00
Marathon	1983	David Abrahamson	3 hrs, 1 sec
4 x 100 Meter Relay	1990	Donald Littlejohn, Lawrence Kelly, Kyle McMurtry, Ron Baker	42.2
4 x 400 Meter Relay	1990	Roger Richmond, Lawrence Kelly, Kyle McMurtry, Donald Littlejohn	3:20.3
4 x 200 Meter Relay	2024	Marques Reeves, Jaxon Jara, Brandon Lagutang, Andi Cosme	1:33.38
4 x 800 Meter Relay	2015	Joel Henry, Evan Hurt, Ken Tran, Jackson Wagner	8:18.64
Distance Medley Relay	2015	Jackson Wagner, Ken Tran, Joel Henry, Luca Strand	10:43.27
High Jump	1999	Matt Alverson	7'-0"
Pole Vault	2006	Blaine Bradshaw	14'-9"
Long Jump	1983	Rod Mabry	22'-5.75"
Triple Jump	1996	Toure Butler	47'-9.50"
Shot Put	1996	Austin Matson	56'-8.25"
Discus	1974	Dean Pedigo	180'-1"
Javelin	1999	Marcos Bolanos	191'-3"
Hammer	2013	Nick Demars	136'-6"
Decathlon			

Cascade High School Track & Field- Girls Records

Event	Year	Athlete	Mark
100 High Hurdles	2009	Katy Gross	15.42
300 Low Hurdles	2011	Kiana Hood	45.98
100 Meters	1982/2002	Jill York/Ari Basile	12.5
200 Meters	1992	Marci Walters	25.9
400 Meters	1981	Jill York	57.6
800 Meters	1982	Jill York	2:14.0
1600 Meters	2009	Breanna Huschka	5:05.49
3200 Meters	2009	Breanna Huschka	11:06.57
Half Marathon	2007	Breanna Huschka	1:35.20
4 x 200 Meter Relay	1992	Nikola Wilson, Annette LeGault, Stacey Thomas, Marci Walters	1:44.6
4 x 400 Meter Relay	1982	Pam Langan, Lee McCorkle, Kim Sultze, Jill York	3:53.3
4 x 800 Meter Relay	2012	Ashley Carlson, Amanda Redford, Christel Schaefer, Hannah Dowdell	10:34.6
Distance Medley Relay	2011	Amanda Redford, Katie Weir, Aly Weir, Hannah Dowdell	13:35.47
High Jump	1984	Vicki Borsheim	5'-8"
Pole Vault	2017	Tyrza Lamma	11'-6"
Long Jump	1979	Teresa Yonke	17'-8"
Triple Jump	2019	Katie Nelson	36' 6"
Shot Put	2006	Whitney Hooks	51'-1.25"
Discus	2006	Whitney Hooks	150'-1"
Javelin	2011	Natasha Caldwell	138'-6.00"
Hammer	2006	Whitney Hooks	128'-11"
Decathlon	2018	Tyrza Lamma	4538