



Youth Cross Country Meet

(USATF SANCTIONED)

Sunday October 29, 2006
Polo Fields (South Side) in Golden Gate Park
San Francisco, California

Hosted by

City Track Club

Sign-up starting at 8AM
Course Walk 9AM
1st Race at 10AM
entry fee \$6.00 per athlete

Ages 6-18 boys & girls divisions:

Sub Bantam 1998 + 2K
Bantam 1996 –1997 3K
Midget 1994 – 1995 3K
Youth 1992 – 1993 4K
Open 1988 – 1991 5K

For more information call 510-459-1501, 415-239-7130 or
Ocampbell@emailaccount.com

Race Schedule

9:00AM - Course Walk

10:00AM – First Race (Sub-Bantam). The subsequent races will begin shortly after the completion of the previous race (approximately every 20 minutes) in the order Girl, Boy, Girl, Boy by increasing age group. Some races may be combined (depending on the number of runners) but the results and awards will be determined by sex and age group.

Directions:

Golden Gate Park, Polo Fields (*south side*) San Francisco, CA,

From 80 (East Bay):

- Take 80 to SF (Bay Bridge)
- Take the NINTH STREET exit towards CIVIC CTR/GOLDEN GATE BR
- Turn Left on HARRISON ST
- Turn Right on 9TH ST
- Turn Left on HAYES ST
- Turn Left on GOUGH ST
- Turn Right on FELL ST
- Stay in two left lanes.
- Fell splits, when it runs into GG Park, follow the left fork.
- Fell then turns into Lincoln Blvd.
- Follow Lincoln for about 3 miles.
- Turn right on 25th (into the park).
- Turn left at the first stop sign (MLK Dr.).
- Take right at next stop sign (Middle Dr.).
- At the next stop sign the entrance to the fields is straight ahead.
- Park where you can.
- DO NOT PARK ON THE GRASS (THAT MEANS NO WHEELS ON THE GRASS).
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From 280 (northbound)

- Follow signs to 1/Golden Gate Bridge.
- Exit Brotherhood Way.
- Turn right on Lake Merced.
- Follow the road as it winds around the lake.
- Road turns into Sunset Blvd.
- Follow Sunset, straight into the park.
- Turn right at stop sign (T-Junction) (MLK Dr.).
- Take left at next stop sign (Middle Dr.).
- At the next stop sign the entrance to the fields is straight ahead.
- Park where you can.
- DO NOT PARK ON THE GRASS (THAT MEANS NO WHEELS ON THE GRASS).
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From Marin:

- Take 1/Park Presidio south.
- Turn right on Lincoln.
- Turn right on 25th (into the park).
- Turn left at the first stop sign (MLK Dr.).
- Take right at next stop sign (Middle Dr.).
- At the next stop sign the entrance to the fields is straight ahead.
- Park where you can.
- DO NOT PARK ON THE GRASS (THAT MEANS NO WHEELS ON THE GRASS).