



**Palo Alto Lightning  
Track & Field Club**  
**Cross-Country Meet**  
**November 7<sup>th</sup>, 2010**  
*A USATF Sanctioned Meet*

**Location: Bayfront Park, Menlo Park, CA**

**Time: 8:00 AM – Registration**  
**9:00 AM – Course walk**  
**10:00 AM – First race**

The races will be run in the order below. Some races may be combined (depending on the number of runners) but the results and awards will be determined by sex and age group.

<b>Age Division Name</b>	<b>XC Distance</b>	<b>Age Division Description</b>
Sub-Bantams	2000m	Born 2002 or later
Bantams	3000m	Born 2000 or 2001
Midgets	3000m	Born 1998 or 1999
Youth	4000m	Born 1996 or 1997
Intermediates	5000m	Born 1994 or 1995
Young	5000m	Born 1992 or 1993

**Awards: Medals for 1<sup>st</sup> – 10<sup>th</sup>; ribbons 11<sup>th</sup>-30<sup>th</sup>**

**Cost: \$6.00 per athlete. Meet day registration only.**

**Directions: From North or South Highway 101, take Marsh Road East exit in Menlo Park to the end of the road to Bayfront Park. Free parking available.**

**Contact: For additional information contact Coach Young:  
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