



Palo Alto Lightning Track & Field Club

Cross-Country Meet

November 8th, 2009

A USATF Sanctioned Meet

Location: Bayfront Park, Menlo Park, CA

Time: 8:00 AM – Registration

9:00 AM – Course walk through

10:00 AM – First race

Awards: Ribbons for 1st – 10th place in each age group

Age Groups/ Distance:

Sub-bantam	2001 or later	2000m
Bantam	1999 - 2000	3000m
Midget	1997 - 1998	3000m
Youth	1995 - 1996	4000m
Intermediate	1993 - 1994	5000m
Young Men/Women	1991 - 1992	5000m
Open	Before 1991	5000m

Cost: \$6.00 per athlete

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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