



Palo Alto Lightning  
Track & Field Club  
Cross-Country Meet  
November 10th, 2012

*A USATF Sanctioned Meet*

Bayfront Park, Menlo Park, CA

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.

Age Division	Distance	Year Born
GROUP 1	2000m	Born 2005 or later
GROUP 2	3000m	Born 2004 or 2003
GROUP 3	3000m	Born 2001 or 2002
GROUP 4	4000m	Born 1999 or 2000
GROUP 5	5000m	Born 1998 or 1997
GROUP 6	5000m	Born 1996 or 1995
Open/Coaches	5000m	Born 1994 or later

Awards will be given for top 3 finishers!  
Cost: \$7.00 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.

For additional information contact Coach Young:  
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Email: sty3000@aol.com