



**Palo Alto Lightning
Track & Field Club
Cross Country Meet
November 9th, 2008
USATF Sanctioned**

Location: Bayfront Park, Menlo Park, CA

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

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

Age Groups/ Distance:

Sub-bantam	2000 or later	2000m
Bantam	1998-1999	3000m
Midget	1996-1997	3000m
Youth	1994-1995	4000m
Open	1993-	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 (650) 321-2175 (Home)/(650) 630-4650 (Cell) or at sty3000@aol.com