



**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
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