



**Palo Alto Lightning
Track & Field Club
Cross-Country Meet
November 6th, 2011**

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
Sub-Bantams	2000m	Born 2003 or later
Bantams	3000m	Born 2001 or 2002
Midgets	3000m	Born 1999 or 2000
Youth	4000m	Born 1997 or 1998
Intermediates	5000m	Born 1995 or 1996
Young	5000m	Born 1993 or 1994

Awards will be given for top finishers!
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.

For additional information contact Coach Young:
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