



Hosts

A USATF Sanctioned Youth Cross Country Meet

Sunday Oct. 23, 2022

Location: Bedwell Bayfront Park, Bayfront Expressway and Marsh Road, Menlo Park CA 94025 (limited parking in the vicinity, arrive early)

Schedule: 8:00AM Registration (Pre registration via athletic.net)
9:00 AM Course Walk
10:00 AM First Race

Entry Fee: \$8.00 per athlete (cash or money order – no personal checks) NO REFUNDS

The races will be run in the order below. Some races may be combined depending on the number of runners. Awards will be given to the top three finishers in each division

| Age Division | Distance | Age (as of 12/31/2022) |
|--------------|----------------|------------------------|
| Group 1 | 2K (1.25miles) | 8 and under |
| Group 2 | 3K (1.87miles) | 9-10 |
| Group 3 | 3K (1.87miles) | 11-12 |
| Group 4 | 4K (2.5miles) | 13-14 |
| Group 5+ | 5K (3.1miles) | 15-18 |

Directions:

From Sacramento or the East Bay: Get to 880. Take the Dumbarton Bridge (84 West). Turn right onto Marsh Road to enter Bayfront Park. Continue until the road ends.

From the Bay Area: Get to 101 heading towards Menlo Park. Take the Marsh Road exit, heading east. Cross over Bayfront Expressway into Bayfront Park. Continue until the road ends.

Course: The course has gravel, dirt, rocks and asphalt with gentle hills. No spikes allowed.

Contact: Coach Michael Davidson or Coach Stacey Davidson

650-207-5580 or 650-2017-5582

Coach.Michael@peninsulaflyers.org Or Coach.Stacey@peninsulaflyers.org