



RunClubMenloPark.org

Run Club Invitational 2022

Hosted by Run Club Menlo Park – November 13th, 2022

A USATF Sanctioned Youth Cross Country Meet

Menlo Park, CA 94025

Location: Bedwell Bayfront Park, 1600 Marsh Rd, Menlo Park, CA 94025 (Bayfront Expressway and Marsh Rd)
(limited parking in the vicinity, arrive early)

Entry Fee: \$10 per athlete (no refunds)

Pre-Registration Online at: <https://RunClubMenloPark.org/raceregister.html>

Same Day Registration: 8AM-9AM

Awards: Medals to top 10 in each age group for boys and for girls (separately) - Ribbons to all finishers.

Schedule:
8AM-9AM: Same-Day Registration – Pre-Registration Race Packet Pickup
9AM Course Walk for all Runners
10AM First Race (8 & Under)
Rolling Starts Thereafter (after last runner of previous race finishes)

Age Division	Distance	Year of Birth
8 & Under	2K (1.25 miles)	2014+
9-10	3K (1.87 miles)	2012-2013
11-12	3K (1.87 miles)	2010-2011
13-14	4K (2.5 miles)	2008-2009
15-16	4K (2.5 miles)	2006-2007
17-18	4K (2.5 miles)	2004-2005

** Age groups 13-14 & 15-16 & 17-18 may be combined. **

*If the total number of entrants for boys and girls in any given group is small, the race may be combined but scored separately.

Race Director: Run Club Menlo Park Head Coach: Scott Paterson (scott@runclubmenlopark.org) 650-444-1001