

2019 Lynbrook Invite & FUHSD Championships

24th Annual (once again)

Lynbrook Invitational & FUHSD Championship.

This will be on the same course as the Lynbrook Center Meet at Lynbrook HS

When: Oct 31st, 2019 (Thursday)

Why: To run something flat & fast before League Meets

AND: This will also double as the FUHSD Championships

Time Schedule:

F/S Boys	3:45 (unlimited, but only 7 count)
Varsity Boys #A	4:10 (enter up to 10, but only 7 count)
Varsity Girls #A	4:35 (enter up to 10, but only 7 count)
Varsity Boys #B	5:00 (unlimited, but only 7 count)
Varsity Girls #B	5:25 (unlimited, but only 7 count)

Note: Must enter Varsity #A team before entering Varsity #B team or a Frosh Soph team.
Exceptions to limits may be made by Meet Management

Awards: 24 medals per race

Cost: \$100 per school.

Make check payable to Lynbrook HS-XC.
1280 Johnson Ave
San Jose, CA 95129

Schools Invited:

Lynbrook - Saratoga - Wilcox - Santa Clara -
Fremont - Cupertino - Monta Vista- Homestead- Milpitas -

Course: This is a flat and fast 2.1 mile and will be the same distance as the
Lynbrook Center Meet. It starts and finishes on the track.

COACHES: Be sure your bus DOES NOT park in front of the Tennis courts.

Results: Available race day on line

To register go to athletic.net and register your runners and add the meet to your calendar. No later than Oct 28th

Information: Email Jake White jakeantoin@yohoo.com with your email if interested. You can also go to: <http://www.LYNBOOKSPORTS.com> for more information.

Jake's cell 408 355 8979

Sanctioned: This meet is sanctioned by the CCS.

You can give me a check made out to "Lynbrook ASB: or send to:

**Lynbrook ASB/Invite
1280 Johnson Ave
San Jose, ca 95129**

Lynbrook Invite

Important Information

Lynbrook student pickup is in the front of the school and is a mess. Therefore, if you bring a bus then drop off on Johnson ave in front of the parking lot. Walk down the road next to the pool and go to the stadium. We cannot start the meet until student pick up is mostly complete. I have to coned off in front of the tennis courts.

You can use the stands on either side of field. Please stay out of the school area

Stay off the football and field hockey fields they have practice that day.

The only people allowed at the mile mark are coaches as Tennis will be practicing and may have matches.

There are bathrooms located at the snack shack and the red brick building next to the outside basketball hoops.

All races will start on time. Runners have to be at the start 5 mins before the start. They can do strides outs on the 100 meters straight away. There will be 3 on front line all others will line up behind the three runners of that school

We will not hold up the start of a race for slower runners but they will be able to finish in the chute. Hopefully Hank can get their time but coaches should time runners that are still on the course when the next race starts.

We will have ice bags if needed. A trainer may be on site for emergencies

<http://www.mappedometer.com/?maproute=457126>

The course goes as follows:

Start is on the track across from the snack shack

One lap around the track the exit at 300meter start line go out the gate at end of the visitor bleachers

Take the path that runs around the baseball and softball fields. Go onto the service road that runs by the classrooms and swimming pool.

Take the path that runs in front of the tennis courts and exit onto the dirt service road. Take serve road and enter path.

Take the path that runs in front of the shot putt area and continue on the track exit at 300meter start line go out the gate at end of the visitor bleachers for the 2nd loop

Take the path that runs around the baseball and softball fields. Go onto the service road that runs by the classrooms and swimming pool.

Take the path that runs in front of the tennis courts and exit onto the dirt service road. Take serve road and enter path.

Take the path that runs in front of the shot putt area and continue on the track

Go directly to the finish line which lines up with the 25 yard line on the football field.

My cell is 408 355 8979

Thanks Jake