

## 2019 - 25th Annual Lynbrook Center Meet

Where: [Lynbrook HS](#)  
Location will be **Lynbrook High School**

When: Sept 10, 2019 (Tuesday)

Why: To run something flat & fast. This will be the new course that should be the same for many years

Divisions & Time (boys and girls will start together)

Freshman Boys/Girls	3:40
Sophomore Boys/Girls	4:05
Junior Boys/ Girls	4:30
Senior Boys/Girls	4:55

Awards: None    Cost: \$25    Uniforms: required  
Make check payable to "Lynbrook HS-XC"

Schools Invited:

Wilcox -                      Cupertino -  
Santa Clara -                Saratoga -  
Lynbrook (host) -  
Milpitas-

Coaches should email [Jake White](#) if interested in competing.

Course: This is a flat and fast 2.1 mile course run on the Lynbrook campus. This is the same course we will use at the Lynbrook Invitational.

Results: Available race day (with your help, of course) and will be available on-line by the next day.

You MUST enter your roster in **Athletic.Net** 3 days before the meet. I'll let you know when I find a timer.

[Click here](#) for more info.

Information: Email **Jake White** at [jakeantoin@yahoo.com](mailto:jakeantoin@yahoo.com) with your name and phone #.

[www.LYNBROOKSPORTS.com](http://www.LYNBROOKSPORTS.com) - click on CROSS COUNTRY

Sanctioned: This meet is sanctioned by the CCS.

This is a very "Low-key" meet used as a way to get a "beginning of the year" time for your runners. Then, when they run the course again at the end of the year, they can measure their improvement. For some kids, this will be nothing more than a 2 mile workout, others (those in shape) will race it. Hope you can be there.

COACHES: Be sure your bus DOES NOT park in front of the Tennis courts.  
RSVP by: Sept 01

