

## 2023 - 28th Lynbrook Center Meet

Where: Lynbrook High School

When: September 12th, 2023 (Tuesday)

Why: To run something flat & fast to start the season.  
This is a very “low-key” meet used as a way to get a “beginning of the year” time for your runners.

Schedule (Will run up to 5min early if possible):

Freshmen Boys 4:00PM (Unlimited, Only 7 Score)  
Sophomore Boys 4:18PM (Unlimited, Only 7 Score)  
Varsity Girls A 4:36PM (Enter up to 10, Only 7 Score)  
Varsity Boys A 4:54PM (Enter up to 10, Only 7 Score)  
Varsity Girls B 5:10PM (Unlimited, Only 7 Score)  
Varsity Boys B 5:28PM (Unlimited, Only 7 Score)

Awards: None

Cost: \$25/school, Make checks payable to “Lynbrook ASB - XC”

Schools Invited (SCVAL Only):  
Wilcox, Santa Clara, Milpitas, Cupertino, MacDonald, Los Gatos, Lynbrook

Please email Coach Bernie Ramos to confirm ([bernie\\_ramos27@yahoo.com](mailto:bernie_ramos27@yahoo.com))

Course: This is a flat and fast 2.1 mile course run on the Lynbrook campus.  
The same course will be run for the Lynbrook Invitational.

Results: Available race day, Hank Lawson will time our meet.

\*\*\*You MUST enter your roster into athletic.net for Hank Lawson by Sept 1st.\*\*\*

Please stay off football & field hockey fields as they may have practice. There is an open field behind the AWAY side bleachers than can be used for warm ups.

Racers please get to the start line 10 minutes before your race starts to get instructions from the starter. Races will start on time and will go ahead of schedule up to 5 minutes.

Coaches please let your bus drivers to NOT PARK in front of the tennis court/swimming.  
Drop Off only. Drop off on Johnson is encouraged as it gets tight for busses in the parking lot.