**Lynbrook Invite & FUHSD Championships**

18th Annual (once again)

Lynbrook Invitational & FUHSD Championship.

This will be on the same course at Miller Middle school but will change back to Lynbook HS next year.

Course map http://www.gmap-pedometer.com/?r=5153798

When: Oct 25th, 2012 (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 (unlimitted, but only 7 count)

 Varsity Girls #B 5:25 (unlimitted, but only 7 count)

 (time change in red)

Note: Must enter Varsity #A team before entering Varsity #B team. Exceptions to limits may be made by Meet Mgmnt.

Awards: 24 medals per race

Cost: $30 per Division entered or $100 per school.

 Make check payable to Lynbrook HS-XC.

 1280 Johnson Ave

 San Jose, CA 95129

Schools Invited:

 Lynbrook - y Saratoga -y Wilcox -y Santa Clara –y

 Los Altos –y Fremont-y Cupertino –y Monta Vista -y Homestead-y

Course: This is a flat and fast 2.06 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.

 Please do not allow students or parents on the Miller track before 3pm as Miller students are still in school.  Please wait until after 3pm before coming onto the track/campus.

You can stay at Rainbow park until 3pm.

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

You MUST turn in your roster in [Excel file](http://www.dyestatcal.com/ATHLETICS/XC/lyntt.xls) the 3 days before the meet to Hank Lawson <HANKLAWTRACK@GMAIL.COM>.

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

Sanctioned: This meet is sanctioned by the CCS.