

2023 - 27th Lynbrook Invite & FUHSD Championships

Where: Lynbrook High School

When: October 26th, 2023 (Thursday)

Why: To run something flat & fast before League Finals.
This will also double as the FUHSD Championships.

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

F/S Boys	4:00PM (Enter up to 15, Only 7 Score)
Varsity Girls A	4:20PM (Enter up to 10, Only 7 Score)
Varsity Boys A	4:40PM (Enter up to 10, Only 7 Score)
Varsity Girls B	4:55PM (Unlimited, Only 7 Score)
Varsity Boys B	5:25PM (Unlimited, Only 7 Score)

Awards: Top 20 medals per race

Cost: \$100/school, Make checks payable to "Lynbrook ASB - XC"

Schools Invited (SCVAL Only):

Macdonald, Wilcox, Santa Clara, Milpitas
Fremont, Cupertino, Monta Vista, Homestead, Lynbrook

Please email Coach Bernie Ramos to confirm (bernie_ramos27@yahoo.com)

Course: This is a flat and fast 2.1 mile course run on the Lynbrook campus.

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

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.