

ARTICHOKE INVITATIONAL CROSS COUNTRY MEET

**HMB (10-6)**

Half Moon Bay High School

*Dick Calvin, Meet Director*

Time and Place of Meet

*Half Moon Bay, Ca. 94019*

For the ninth straight year the meet will be held on the first Saturday in October, October 6, 1979, on the Half Moon Bay High School campus. Our school is located  $\frac{1}{4}$  mile north of the slumbering village of Half Moon Bay, which is 12 miles west of San Mateo on Highway 92. The course is 2.3 miles.

Order of Events and Medals Awarded

Small Schools (Under 1600)

10:00 Freshman (10)  
10:25 Frosh/Soph (20)  
10:50 J.V. (10)  
11:15 Varsity (25)  
11:40 Varsity Girls (Both Divisions) 25  
12:05 J.V. Girls (Both Divisions) 10  
12:30 Awards (Small Schools & Girls)

Large School Division

1:00 Freshman (10)  
1:25 Frosh/Soph (20)  
1:50 Varsity (25)  
2:15 J.V. (10)  
2:45 Awards (Large Schools)

**PLEASE DON'T ENTER ANY OF YOUR TOP FIVE VARSITY RUNNERS IN THE J.V. RACES.**

Team Awards

A plaque will be awarded to the winning team in each of the ten races. The emphasis in 1979 is on the individual runner, so more of our beautiful medals (165) will be given this year.

Entry Fees

\$9 per team (7 runners)    \$2 per individual    \$5 minimum fee    \$40 maximum

Facilities

Lavatories and showers are located in the high school locker rooms. Bring your own towels and locks. Lavatory facilities are also located near the entrance to the Library.

Swimming

Free swimming for all competitors will be available in the high school pool from 12:00 to 3:00.

C.I.F. Sanction

The meet is sanctioned by the C.I.F. for participants from Central Coast, Central, North Coast, Northern, Sac-Joaquin, and San Francisco Sections.

Refreshments

A snack bar will be open to provide food and drink (including Gatorade). The facility is sponsored by the Half Moon Bay Running Mothers.

Tentative Entry Lists

Please send your entry fees and tentative entry lists by September 28, 1979. I am looking forward to hearing from you soon.

Half Moon Bay High School  
Foster Drive  
Half Moon Bay, CA 94019  
Phone: (415) 726-4441

*Dick*

Dick Calvin  
Meet Director  
Home Phone: (415) 726-4611

ARTICHOKE INVITATIONAL CROSS COUNTRY MEET

Half Moon Bay High School

Tentative Entry List for \_\_\_\_\_ High School Date \_\_\_\_\_

Coach's Name \_\_\_\_\_ Enrollment \_\_\_\_\_

The purpose of this tentative entry list is to allow the meet director time to make up pre-printed labels for each runner to wear during the race. Names may be added and changes may be made on the day of the meet. PLEASE TYPE OR PRINT CLEARLY BOTH NAMES (last and first) of your runners who are likely to compete.

VARSIITY

FROSH/SOPH

GIRLS VARSITY

- |          |          |          |
|----------|----------|----------|
| 1. _____ | 1. _____ | 1. _____ |
| 2. _____ | 2. _____ | 2. _____ |
| 3. _____ | 3. _____ | 3. _____ |
| 4. _____ | 4. _____ | 4. _____ |
| 5. _____ | 5. _____ | 5. _____ |
| 6. _____ | 6. _____ | 6. _____ |
| 7. _____ | 7. _____ | 7. _____ |

BOYS J.V.

GIRLS J.V.

FRESHMAN

- |           |           |           |
|-----------|-----------|-----------|
| 1. _____  | 1. _____  | 1. _____  |
| 2. _____  | 2. _____  | 2. _____  |
| 3. _____  | 3. _____  | 3. _____  |
| 4. _____  | 4. _____  | 4. _____  |
| 5. _____  | 5. _____  | 5. _____  |
| 6. _____  | 6. _____  | 6. _____  |
| 7. _____  | 7. _____  | 7. _____  |
| 8. _____  | 8. _____  | 8. _____  |
| 9. _____  | 9. _____  | 9. _____  |
| 10. _____ | 10. _____ | 10. _____ |

Your entry fees should accompany this tentative entry list. Submit your entries as soon as possible please. Additional names may be printed on the back. If you can send a copy of your roster, that would be fine.