

HALF MOON BAY HIGH SCHOOL
LEWIS FOSTER DRIVE
HALF MOON BAY, CA. 94019

**46th ANNUAL
HALF MOON BAY
ARTICHOKE
CROSS COUNTRY INVITATIONAL
OCTOBER 7, 2017**

Half Moon Bay High School would like to invite you and your athletes to compete in the 46th running of the **Artichoke Cross Country Invitational**.

Directions: Half Moon Bay High School is located ¼ mile north of downtown Half Moon Bay on Lewis Foster Drive, off Main Street.

Course: 2.33 miles. Grass, asphalt, dirt paths, muddy areas, synthetic track, gravel road, down hills, flats, hay bales, a couple of tree groves, and a wee bump a little past the halfway point. All the good stuff you're looking for in a true cross country course.

Schedule: Use your your current section division placement to determine which race you enter. If you have questions about the races and/or your placement, contact the race director.

<u>Small Schools (Divisions 3, 4 & 5)</u>			<u>Large Schools (Divisions 1 & 2)</u>		
Time:	division:	Awards:	Time:	Division:	Awards:
9:00	frosh boys	top 20/team medals	1:00	frosh boys	top 20/team medals
9:25	frosh/soph girls	top 25/1 st team plaque	1:25	frosh/soph girls	top 25/1 st team plaque
9:55	frosh/soph boys	top 25/1 st team plaque	1:55	frosh/soph boys	top 25/1 st team plaque
10:20	JV girls race	top 20/team medals	2:20	JV girls race	top 20/team medals
10:55	JV boys race	top 20/team medals	2:55	JV boys race	top 20/team medals
11:20	varsity girls race	top 25/1 st team plaque	3:20	varsity girls race	top 25/1 st team plaque
11:50	varsity boys race	top 25/1 st team plaque	3:50	varsity boys race	top 25/1 st team plaque
12:20	lunch break/coach's race				

Awards: In the varsity races and frosh/soph races, top 25 places, and to the first place team a team plaque and medals to top 7 team members. If there are more than 5 teams competing in any other division races, team medals will be awarded to the top 7 runners from the winning team.

Artichoke Rules/Schedule: VARSITY teams are limited to 7 runners. All other divisions are unlimited.

Note (*): If registration in a division reaches 200 entries, a second race may be added, and the race day schedule will be adjusted. Race placement will be determined by your initial entry date/time on DirectAthletics.com.

Entry Fee Schedule (UPDATED): Add your total number of runners entered, boys and girls combined. Notice the change from previous years for larger teams. There is a \$300 max.

1 - 3 runners = \$24	4 - 10 runners = \$8 per runner	11 runners = \$87
12 runners = \$94	13 runners = \$101	14 runners = \$108
15 runners = \$115	16 runners = \$122	17 runners = \$129
18 runners = \$136	19 runners = \$143	20 runners = \$150
21 runners = \$156	22 runners = \$162	23 runners = \$168
24 runners = \$174	25 runners = \$180	26 runners = \$186
27 runners = \$190	28 runners = \$196	29 runners = \$202
30 runners = \$208	31-40 runners = \$225	41-50 runners = \$250
51-75 runners = \$275	76-99 runners = \$300	100 + runners = \$325 (max.)

Registration: All registration will be on **DirectAthletics.com**.

IMPORTANT NOTE: DO NOT REGISTER ON ATHLETIC.NET. WE HAVE NO AFFILIATION WITH THAT REGISTRATION SYSTEM. Once an athlete is in the

DirectAthletics.com database, they may run in any grade appropriate race. Absolutely no changes will be made after the deadline. If they may possibly run, enter them. You can update your entries until registration closes. Once registration is closed, you must pay for all entered athletes. **Registration closes on Mon. 10/2 at 11:59pm. Checks made payable to Half Moon Bay High School Boosters and due upon check-in.**

Contact: Paul Farnsworth, HMB cross country coach
Phone: cell: (650) 773-3274 **email:** farnsworthp@cabrillo.k12.ca.us
Email is best for the quickest response.