

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

**HALF MOON BAY
ARTICHOKE
CROSS COUNTRY INVITATIONAL
OCTOBER 2, 2021**

Half Moon Bay High School would like to invite you and your athletes to compete in the **Artichoke Cross Country Invitational**. We are celebrating **50 years** since the first running in 1971.

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 2021 section division placement to determine which race you enter. If you have questions about the races and/or your placement, contact the race director.

Small Schools (Divisions 3, 4 & 5)

Time:division:

9:00 frosh boys
9:25 frosh/soph girls
9:55 frosh/soph boys
10:20 JV girls race
10:55 JV boys race
11:20 varsity girls race
11:50 varsity boys race

Awards:

top 20/team medals
top 25/1st team plaque & medals
top 25/1st team plaque & medals
top 25/team medals
top 25/team medals
top 25/1st team plaque & medals
top 25/1st team plaque & medals

12:20 lunch break/coach's race (Awards to all coaches if they finish!)

Large Schools (Divisions 1 & 2)

Time:Division:

1:00 frosh boys
1:25 frosh/soph girls
1:55 frosh/soph boys
2:20 JV girls race
2:55 JV boys race
3:20 varsity girls race
3:50 varsity boys race

Awards:

top 20/team medals
top 25/1st team plaque & medals
top 25/1st team plaque & medals
top 25/team medals
top 25/team medals
top 25/1st team plaque & medals
top 25/1st team plaque & medals

Awards: Top 25 in all races except the frosh boys (top 20). Team plaques to the first place team in the varsity and frosh/soph divisions. Team medals (7) to all team champions.

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: Add your total number of runners entered, boys and girls combined. There is a \$375 max.

1-10 runners: \$10 per runner/Max \$100
11-20 runners: \$9 per runner/Max \$180
21-30 runners: \$8 per runner/Max \$240
31-40 runners: \$7 per runner/Max \$280
41-50 runners: \$6 per runner/Max \$300
51-60 runners: \$325
61-75 runners: \$350
76-99 runners: \$375
100+ runners: \$400

REGISTRATION IS ON ATHLETIC.NET. 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. 9/27 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.