

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

ARTICHOKE
CROSS COUNTRY INVITATIONAL
OCTOBER 1, 2022

Half Moon Bay High School would like to invite you and your athletes to compete in the **Artichoke Cross Country Invitational**. We have been running the Artichoke for over 50 years beginning 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 2022 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 25/1st place team medals
top 25/1st place 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 25/1st place team medals
top 25/1st place 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 250 entries, a second race may be added, and the race day schedule will be adjusted. In addition, if the frosh boys race does not reach 100 runners, they will be added to the f/s boys provided that does not exceed our limit of 250.

Entry Fee Schedule: A facility fee of \$25 will be included in addition to entry fees. This fee covers the growing custodial fees. Thank you for understanding. Use the chart below to determine your team's fees. Fees will be \$15 per runner. Note the max team fees below (facility fee is included in the max fee).

1-20 runners:	Max \$325
21-40 runners:	Max \$350
41-60 runners:	Max \$400
61-80 runners:	Max \$425
81-100 runners:	Max \$450
101-120 runners:	Max \$475
121-90 runners:	Max \$500

REGISTRATION IS ON ATHLETIC.NET. Changes made after the deadline will come with a \$5 fee per athlete. 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. 9/26 at 11:59pm.**

BE AWARE THAT ENTERING ON ATHLETIC.NET MEANS YOU ARE RESPONSIBLE FOR THE FEES. NO SHOWS MUST STILL PAY THEIR FEES. THANK YOU.

Checks made payable to Half Moon Bay High School Boosters, tagline Cross Country, are due upon check-in.

Contact: Paul Farnsworth, HMB cross country coach
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