

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

ARTICHOKE
CROSS COUNTRY INVITATIONAL
OCTOBER 7, 2023

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 2023 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:	Awards:
9:00 frosh boys	top 20/team medals
9:25 frosh/soph girls	top 25/1 st team plaque & medals
9:55 frosh/soph boys	top 25/1 st team plaque & medals
10:20 JV girls race	top 25/1 st place team medals
10:55 JV boys race	top 25/1 st place team medals
11:20 varsity girls race	top 25/1 st team plaque & medals
11:50 varsity boys race	top 25/1 st team plaque & medals

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

Large Schools (Divisions 1 & 2)

Time: Division:	Awards:
1:00 frosh boys	top 20/team medals
1:25 frosh/soph girls	top 25/1 st team plaque & medals
1:55 frosh/soph boys	top 25/1 st team plaque & medals
2:20 JV girls race	top 25/1 st place team medals
2:55 JV boys race	top 25/1 st place team medals

3:20 varsity girls race top 25/1st team plaque & medals

3:50 varsity boys race 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 is included in the entry fees. This fee covers the growing cost of 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 \$350

21-40 runners: Max \$375

41-60 runners: Max \$425

61-80 runners: Max \$450

81-100 runners: Max \$475

101-120 runners: Max \$500

121-90 runners: Max \$525

REGISTRATION IS ON ATHLETIC.NET. 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.** Changes made after the deadline will come with a \$5 fee per athlete.

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. Please be prepared.

Contact: Paul Farnsworth, HMB cross country coach

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