

HALF MOON BAY HIGH SCHOOL  
LEWIS FOSTER DRIVE  
HALF MOON BAY, CA. 94019  
**48th ANNUAL  
HALF MOON BAY  
ARTICHOKE  
CROSS COUNTRY INVITATIONAL  
OCTOBER 5, 2019**

Half Moon Bay High School would like to invite you and your athletes to compete in the 48th 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 2019 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 25/1<sup>st</sup> team plaque & medals  
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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 25/1<sup>st</sup> team plaque & medals  
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**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:** **VARSDITY** 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  
51-75 runners: \$325  
76-99 runners: \$350  
+ runners: \$375

**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. 9/30 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.

# The Artichoke Invitational

Half Moon Bay

October 5, 2019

**2.33 miles / 1 HILL**

Dear Coaches,

First and foremost, Welcome to Half Moon Bay and thank you for participating in the 2019 Artichoke Invitational! We should be seeing some great races today.

In your envelope, you will find:

- \* Race numbers
- \* Pins (get more if you need)
- \* Race schedule
- \* Course maps
- \* Trash bag

Some things to remember today:

1. **VERY IMPORTANT: OUR RACES THIS YEAR ARE VERY LARGE. IT IS ABSOLUTELY VITAL THAT YOUR RUNNERS DO NOT STOP IMMEDIATELY AFTER FINISHING. THEY NEED TO CONTINUE TO MOVE INTO THE CONTAINMENT AREA AND AWAY FROM THE FINISH TO AVOID ANY COLLISIONS.**
2. Remind your athletes to report to the start line 10 minutes prior to their scheduled start time. Due to very large fields in the morning races, there will be additional starting lines to spread the field out. The lines will be used as such:  
  
Line 1: First runner  
Line 2: Second runner  
Line 3: Third runner  
Line 4: Fourth and Fifth runner  
Line 5: Sixth and seventh runner  
Line 6: All remaining runners
3. **Chips:** This is our second year of using chips. Last year, we had a number of chips not returned. Make sure your athletes have their assigned numbers and chips.
4. **RETURN ALL UNUSED CHIPS. Teams not turning in unused chips will be charged \$10 per chip. I don't want to send you a bill, and you don't want to pay any extra fees. So please turn them in.**
5. **T shirt sales**, patches and baseball hats, and beanies will be at the top of the bleachers. Make sure you get one. In fact, get 2 or 3! You'll be glad you did.
6. **NO DOGS ON CAMPUS.** Inform your parents. They are not allowed. We had multiple dogs issues last year, so please leave them at home. We don't want to call the sheriffs but we will. Thanks for your cooperation.

7. We will adhere to the time schedule as closely as possible. We aim to begin all our races on time so we can end on time.
8. In the spirit of sportsmanship, please make sure your top athletes are entered as varsity runners.
9. The infield of the football field is for first aid and finishing athletes only. **NO** Team tents. We want no confusion should a runner need to seek first aid.
10. Remind your athletes to **KEEP MOVING THROUGH THE FUNNEL TO THE CORRAL. NO STOPPING RIGHT AFTER THE FINISH. THEY SHOULD NOT LEAVE THE CORRAL UNTIL RETURNING THEIR CHIP.**
11. Results will be posted on the wall of the bathrooms above the bleacher area.
12. Individual and Team Awards will be picked up at the awards table. It is located in the south end zone near the long jump pits. **ONLY** coaches are permitted to pick up awards.
13. The First-aid tent will be located on the south end of the football field.
14. The snack bar is at the top of the bleachers. Please partake. Great tacos.
15. Do your best to keep our bathrooms as clean as you can for the next person. Nobody ever wants to use a messy bathroom.
16. Busses: Please have your drivers drop you at the front of the school and park either in the lower parking lot or down in the Rite-Aid parking lot.
17. **NO DOGS ON CAMPUS (EXTRA REMINDER)** Inform your parents. They are not allowed. We had multiple dogs issues last year, so please leave them at home. We don't want to call the sheriffs but we will. Thanks for your cooperation.
18. Remind your athletes to **KEEP MOVING THROUGH THE FUNNEL TO THE CORRAL. NO STOPPING RIGHT AFTER THE FINISH. THEY SHOULD NOT LEAVE THE CORRAL UNTIL RETURNING THEIR CHIP.**
19. Have a great meet and come back next year!

Thanks for coming to the 2018 **Artichoke Invitational** in Half Moon Bay.

Paul Farnsworth  
Half Moon Bay  
Cross Country Coach

# **VERY IMPORTANT!**

**IT IS ABSOLUTELY VITAL  
THAT YOUR RUNNERS KEEP MOVING  
ONCE THEY FINISH THEIR RACE.**

**DO NOT STOP IMMEDIATELY AFTER  
FINISHING. THEY NEED TO CONTINUE TO  
MOVE INTO THE CORRAL AREA AND  
AWAY FROM THE FINISH TO AVOID ANY  
COLLISIONS.**

## **IMPORTANT!**

**NO DOGS ON CAMPUS**

**Inform your parents. They are not allowed.**

## Artichoke Invitational 2019

### Small Schools (Divisions 3, 4 & 5)

<b>Time:</b>	<b>Division:</b>	<b>Awards:</b>
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