

**38TH ANNUAL HALF MOON BAY
ARTICHOKE CROSS COUNTRY INVITATIONAL
OCTOBER 3, 2009**

Half Moon Bay High School would like to invite you and your athletes to compete in the 38th 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 ¼ miles. Grass, asphalt, dirt paths, muddy areas, synthetic track, gravel road, down hills, flats, and a wee bump a little past the halfway point. All the good stuff you're looking for in a cross country course.

Schedule (Tentative): Use your C-Bed numbers you would use for your section and state meet.

SMALL SCHOOLS (DIVISIONS 3, 4 & 5)

Time:	Division:	Awards:
9:00	frosh boys	top 20
9:25	F/Sgirls	top 20/1st team
9:55	F/Sboys	top 20/1st team
10:20	varsity girls	top 20/1st team
10:45	varsity boys	top 20/1st team
11:05	JV boys race	top 20
11:30	JV girls race	top 20
12:00	lunch break	

LARGE SCHOOLS (DIVISIONS 1 & 2)

Time:	Division:	Awards:
12:30	frosh boys	top 20
12:55	F/Sgirls	top 20/1st team
1:25	F/Sboys	top 20/1st team
1:50	varsity girls	top 20/1st team
2:15	varsity boys	top 20/1st team
2:45	JV boys race	top 20
3:10	JV girls race	top 20
3:40	JV boys 2	top 20

Artichoke Rules/Schedule: ALL teams are limited to 7 runners, EXCEPT frosh boys, JV boys and JV girls. Once you have entered a varsity team, you may enter an unlimited number of runners in JV boys & girls. You must enter a varsity team before you enter a JV team. Seniors may run on JV teams.

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.

1 - 3 runners = \$21	4 - 10 runners = \$ 7 per runner	11 runners = \$76
12 runners = \$82	13 runners = \$88	14 runners = \$94
15 runners = \$100	16 runners = \$106	17 runners = \$112
18 runners = \$118	19 runners = \$124	20 runners = \$130
21 runners = \$136	22 runners = \$142	23 runners = \$148
24 runners = \$154	25 runners = \$160	26 runners = \$165
27 runners = \$170	28 runners = \$175	29 runners = \$180
30 runners = \$185	31+ runners = \$2 for each additional runner over 30	

Registration: All registration will be on DirectAthletics.com. 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 Sun. 9/27 at 11:59pm. Checks made payable to Half Moon Bay High School Cross Country and due upon check-in.

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Contact: Paul Farnsworth, HMB cross country coach
Phone: home: (650) 728-9040
email: farnsworthp@cabrillo.k12.ca.us
No calls after 9:00pm please (little kids, thanks).
Email is best for the quickest response.