

Lewis Foster Drive  
Half Moon Bay, California 94019

Half Moon Bay High School would like to invite you and your athletes to compete in the Artichoke Invitational Cross Country Meet which will take place - **for the thirty-fifth straight year** - on **Saturday, October 1st**. Over 3000 athletes entered last year. The Half Moon Bay High School campus is located 1/4 mile north of downtown Half Moon Bay on Lewis Foster Drive off of Main Street. The course is 2 1/4 miles.

**ORDER OF EVENTS - Coaches are responsible for entering correct division!**  
Use the C-Bed numbers you would use for your section and the state meet.

<b>Small Schools (under 1300)</b>	<b>Large Schools (1300+)</b>
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	DIVISION	MEDALS/PLAQUES			DIVISION	MEDALS/PLAQUES
9:00	Freshmen Boys	Top 20/1st Team		1:00	Freshmen Boys	Top 20/1st Team
9:25	Frosh/Soph Girls	Top 25/1st Team		1:25	Frosh/Soph Girls	Top 25/1st Team
9:50	Frosh/Soph Boys	Top 25/1st Team		1:50	Frosh/Soph Boys	Top 25/1st Team
10:15	Varsity Girls	Top 35/1st Team		2:15	Varsity Girls	Top 35/1st Team
10:40	Varsity Boys	Top 35/1st Team		2:40	Varsity Boys	Top 35/1st Team
11:05	JV Girls	Top 20/1st Team		3:30	JV Girls	Top 20/1st Team
11:30	JV Boys	Top 20/1st Team		3:55	JV Boys	Top 20/1st Team

Freshmen and JV races unlimited.

See chart on entry pages.

A snack bar will be open to provide food, drink, and meet t-shirts.

**NO RACE DAY ENTRIES!** If they might run, enter them now. Please remember, **you must pay for all the athletes you enter.**

No E-Mail entries.

Kevin Ostenberg - HMB Cross Country  
30 Marie Ct., Half Moon Bay, 94019  
Home phone: 650 726 9043  
Home fax: 650 726 5360  
E-Mail: lindaandkevin@sbcglobal.net



# ARTICHOKE INVITATIONAL CROSS COUNTRY MEET - HALF MOON BAY HIGH SCHOOL

## BOYS ENTRIES - DUE SEPTEMBER 24<sup>TH</sup>

Entry list for \_\_\_\_\_ High School.

Coach \_\_\_\_\_ Phone \_\_\_\_\_

School address \_\_\_\_\_

**PLEASE circle the session (morning or afternoon) your team will be competing in.**

Use your state meet and section C-Bed numbers to enter appropriate session.

Morning session - Small schools (under 1300). Afternoon session - Large schools (1300 and up).

**Please print clearly - First name - last name - grade (FR - SO - JR - SR)**

First	Last	Grade	First	Last	Grade
1)	_____	___	21)	_____	___
2)	_____	___	22)	_____	___
3)	_____	___	23)	_____	___
4)	_____	___	24)	_____	___
5)	_____	___	25)	_____	___
6)	_____	___	26)	_____	___
7)	_____	___	27)	_____	___
8)	_____	___	28)	_____	___
9)	_____	___	29)	_____	___
10)	_____	___	30)	_____	___
11)	_____	___			
12)	_____	___			
13)	_____	___			
14)	_____	___			
15)	_____	___			
16)	_____	___			
17)	_____	___			
18)	_____	___			
19)	_____	___			
20)	_____	___			

(Copy additional sheet if necessary)

### FEE SCHEDULE - Add boys & girls

#### NUMBER OF RUNNERS

1-3 = \$21	10 = \$70	17 = \$112	24 = \$154
4 = \$28	11 = \$76	18 = \$118	25 = \$160
5 = \$35	12 = \$82	19 = \$124	26 = \$165
6 = \$42	13 = \$88	20 = \$130	27 = \$170
7 = \$49	14 = \$94	21 = \$136	28 = \$175
8 = \$56	15 = \$100	22 = \$142	29 = \$180
9 = \$63	16 = \$106	23 = \$148	30+ = \$185
31+ = \$185 + \$1 for each entry over 30			

The purpose of this entry list is to allow us to assign numbers for each runner. You do not need to declare which race your athletes will compete in. Substitutions will be allowed on race day but **no race day entries.** **Add your boys and girls entries together and use fee schedule to calculate your fee and enter the total here \$\_\_\_\_\_** (\$21 minimum - \$200 maximum per school) .

**COACH: Please mail or FAX:**

1) This form

2) Check payable to: HALF MOON BAY HS

to:

**Kevin Ostenberg**

**30 Marie Ct.**

**Half Moon Bay, CA 94019**

**650 726 9043 (home)**

**650 726 5360 (FAX)**

by:

**September 24th**

**(earlier if possible)**

# ARTICHOKE INVITATIONAL CROSS COUNTRY MEET - HALF MOON BAY HIGH SCHOOL

## GIRLS ENTRIES - DUE SEPTEMBER 24<sup>TH</sup>

Entry list for \_\_\_\_\_ High School.

Coach \_\_\_\_\_ Phone \_\_\_\_\_

School address \_\_\_\_\_

**PLEASE circle the session (morning or afternoon) your team will be competing in.**

Use your state meet and section C-Bed numbers to enter appropriate session.

Morning session - Small schools (under 1300). Afternoon session - Large schools (1300 and up).

**Please print clearly - First name - last name - grade (FR - SO - JR - SR)**

First	Last	Grade	First	Last	Grade
1)	_____	___	21)	_____	___
2)	_____	___	22)	_____	___
3)	_____	___	23)	_____	___
4)	_____	___	24)	_____	___
5)	_____	___	25)	_____	___
6)	_____	___	26)	_____	___
7)	_____	___	27)	_____	___
8)	_____	___	28)	_____	___
9)	_____	___	29)	_____	___
10)	_____	___	30)	_____	___
11)	_____	___			
12)	_____	___			
13)	_____	___			
14)	_____	___			
15)	_____	___			
16)	_____	___			
17)	_____	___			
18)	_____	___			
19)	_____	___			
20)	_____	___			

(Copy additional sheet if necessary)

### FEE SCHEDULE - Add boys & girls

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4 = \$28	11 = \$76	18 = \$118	25 = \$160
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