HALF MOON BAY HIGH SCHOOL

Lewis Foster Drive Half Moon Bay, California 94019

35th ANNUAL HALF MOON BAY ARTICHOKE INVITATIONAL CROSS COUNTRY MEET OCTOBER 1st

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.

Small Schools (under 1300)

Large Schools (1300+)

	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	

ARTICHOKE RULES and SCHEDULE -

A 2nd race for Large School Varsity Boys will be added if necessary.

Varsity and Frosh/Soph races limited to 7 runners.

You must enter a Varsity team before entering a JV team (Seniors can run on JV teams). Freshmen and JV races unlimited.

ENTRY FEES -

See chart on entry pages.

REFRESHMENTS -

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

ENTRY LISTS -

Due to the large number of participants, we need your legible entries as soon as possible. Each athlete will be assigned a number. Substitutions will be allowed on race day but absolutely NO RACE DAY ENTRIES! If they might run, enter them now. Please remember, you must pay for all the athletes you enter.

Mail (or Fax) your entry lists and fees so we receive them by September 24th.

E-Mail is for questions and/or confirmation only.

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 24TH

Entry list for	High School.
Coach	Phone
Use your state meet and section C-Bed nu	0). Afternoon session - Large schools (1300 and up).
First Last	Grade First Last Grade
1)	
2)	
3)	23)
4)	
5)	
6)	0.01
7)	
8)	
9)	
10)	30)
11)	(Copy additional sheet if necessary)
12)	FEE SCHEDULE - Add boys & girls
13)	NUMBER OF RUNNERS
14)	
15)	4 = \$28 11 = \$76 18 = \$118 25 = \$160
16)	5 = \$35
17)	6 = \$42 13 = \$88 20 = \$130 27 = \$170
18)	7 = \$49
19)	8 = \$56 15 = \$100 22 = \$142 29 = \$180
20)	9 = \$63

The purpose of this entry list is to allow us to assign numbers for each runner. You <u>do not</u> need to declare which race your athletes will compete in. Substitutions will be allowed on race day but <u>no race day entries</u>.

<u>Add your boys and girls entries together</u> 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.

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 24TH

Entry list	for	OINLO						High School.
Coach _			Phor	ie				
Use your Morning :	circle the ses state meet an session - Sma	nd section C-Be II schools (unde	or afternoon) you d numbers to enter er 1300). Afternoon st name - grade (Fl	approj sessio	oriate sessi n - Large s	on.		
	irst	Last	Grade		First	La	st	Grade
1) _				21)				
2)				22)				
3)				23)				
4)				24)				
5)			and the second s	25)			***************************************	
6)				26)	Management of the Control of the Con			
7)			contractive score of the contractive score	27)				
8)				28)				
9)	~			29)				
10)			***************************************	30)				
11)					(Copy add	itional sheet	if necessary	/)
12)					FEE:	SCHEDULE	- Add boys	& girls
13)						NUMBER C	F RUNNER	RS
14)					1-3 = \$21	10 = \$70	17 = \$112	24 = \$154
15)					4 = \$28	11 = \$76	18 = \$118	25 = \$160
16)					5 = \$35	12 = \$82	19 = \$124	26 = \$165
17)					6 = \$42	13 = \$88	20 = \$130	27 = \$170
18)	A				7 = \$49	14 = \$94	21 = \$136	28 = \$175
19)					8 = \$56	15 = \$100	22 = \$142	29 = \$180
20)						16 = \$106 = \$185 + \$11	STORY OF THE STORY	
The purr	oose of this en	try list is to allo	w us to assign num	bers fo	r each runr	ner. You do	not need t	o declare

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