

THE TWENTY-SECOND Amherst Cross Country Invitational at Hampshire College

JOIN US FOR A FIRENDLY EARLY-SEASON HIGH SCHOOL CROSS COUNTRY INVITATIONAL
ON THE SCENIC CAMPUS OF HAMPSHIRE COLLEGE IN AMHERST, MA

DATE: SATURDAY, SEPTEMBER 23, 2017, 10 AM

COURSE: A flat, fast, 5k over grass, farm roads and pavement.

RACES: Varsity Boys and Girls, JV Boys and Girls, Freshman Boys and Girls.
Complimentary refreshments will be served to runners after the races. The Hampshire College swimming pool will be open to all runners and coaches throughout the afternoon. Picnic supplies are available at nearby Atkins Farms. Short-sleeved commemorative T-Shirts will be on sale. Limited locker room and shower facilities WILL be available.

ENTRIES: The field will be limited to 24 teams. Teams that ran in 2016 are guaranteed a spot which will be held through May 14. Any additional openings will be filled on a first come first served basis. Varsity teams will be limited to 7 runners. A school must enter a varsity team to participate in the JV race. JV and Freshman teams may enter and start an unlimited number of runners.

AWARDS: Varsity Races: Trophies to the top 25 finishers in each race and ribbons to all other finishers. Plaques to the top three teams. JV and Freshman - Ribbons to all finishers.

THE CROWLEY CUP: A traveling trophy awarded to the school with the lowest combined point total for boys and girls teams in the varsity race. The team returning the trophy the subsequent year will receive a free entry to the invitational.

INSURANCE REQUIREMENTS: All schools are required to provide a certificate of liability insurance as instructed on the registration web site and must be submitted through the web site.

FEE STRUCTURE:

PRE-ENTRY: Boys Squads (freshmen, JV and Varsity): \$180.

Girls Squads (freshman, JV and Varsity): \$180. Max/School \$360.

Payment must be received NO LATER THAN SEPTEMBER 1.

POST ENTRY: \$200/Squad. Max/school \$400 if check is received between September 1st and the day of the meet.

LATE REGISTRATION PENALTY: +\$100 for any check received after the meet. (i.e. \$300/squad and \$500 max/school).

INDIVIDUAL ENTRIES: \$35.

LAST YEAR'S CHAMPIONS: Boys Team: Lowell. Girls Team: Hopkinton. Boys Individual: Jonathan Allard, Keene, 15:59. Girls Individual: Sophia Jacobs-Townsley, Amherst, 18:24

CONTACT:

~Meet Directors: ART and MAURA KEENE - (413)253-3421 - arthurskeene@gmail.com

~ARHS XC Coach: Chris Gould - (413) 253-9162

~FOR ALL PAYMENT AND INSURANCE ISSUES CONTACT - Pam White - whitep@arps.org

DIRECTIONS TO HAMPSHIRE COLLEGE:

>From East, West and South: Take Mass Pike to I-91. I-91 North to exit 19. Bear right off exit onto Route 9. Take Route 9 east for 6 miles to intersection of 116 in Amherst Center. Turn Right on 116 going south for roughly 2.5 miles. Hampshire College is on your right. Go to top of drive and drop off runners and proceed to parking lots.

>From North: Take I -91 South to exit 20. As you exit get into the left lane. Proceed to first lights and turn left onto Damon Rd. Proceed for about one mile to intersection of Route 9 (next lights). Turn Left onto Route 9 East and proceed as above.

DOGS ARE NOT ALLOWED ON THE HAMPSHIRE CAMPUS. PLEASE INSTRUCT YOUR FANS TO LEAVE THEIR DOGS AT HOME.

THIS MEET WAS SANCTIONED BY THE MIAA IN 2015. SANCTION FOR 2017 IS PENDING.

MEET DAY SCHEDULE:

Course is open to walk at 8:00 AM

Frosh Girls: 10 AM

Frosh Boys: 10:40 AM

Varsity Girls: 11:20 AM

Varsity Boys: Noon

JV Girls: 12:40 PM

JV Boys 1:20 PM

Awards: Approx. 2:15 PM