

THE FOURTEENTH ANNUAL

AMHERST XC INVITATIONAL AT HAMPSHIRE COLLEGE

JOIN US FOR A FRIENDLY, EARLY SEASON, HIGH SCHOOL CROSS COUNTRY INVITATIONAL ON THE SCENIC CAMPUS OF HAMPSHIRE COLLEGE IN AMHERST, MASSACHUSETTS.

DATE: SATURDAY, SEPTEMBER 26, 2009, 10 AM

COURSE: A flat and fast 5k course over grass, dirt 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 following the awards ceremony. Picnic supplies are available at nearby Atkins Farms. Short sleeved commemorative T-Shirts will be on sale.

ENTRIES: The field will be limited to 22 teams and filled on a first come first served basis. Varsity teams will be limited to 7 runners. You must enter a varsity team to participate in the JV or Freshman races. JV and Freshman teams may enter an unlimited number of runners.

AWARDS: Varsity Races: Trophies to the top 25 finishers in each race 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.

FEE STRUCTURE: PRE-ENTRY: Boys Squads (freshmen, JV and Varsity): \$75. Girls Squads: \$75. Max/School \$150. Payment must be received **NO LATER THAN SEPTEMBER 1**. POST ENTRY: \$90/Squad- Max/school \$180 if check is received between Sept 1 and the day of the meet. LATE REGISTRATION: for any check received after the meet **AND for all instances in which we must bill your school or send an invoice: \$200**. Individual Entries: \$20.

CONTACT INFORMATION:

Meet Directors: ART and MAURA KEENE - (413) 253-3421
ARHS XC Coaches: CHRIS GOULD - (413) 253-9162

keene@anthro.umass.edu
ERIC NAZAR - (413) 695-3515

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 Road. Proceed for about one mile to intersection of Route 9 (next lights). Turn Left onto Route 9 East and proceed as above.

Limited locker room and shower facilities WILL be available at Hampshire College.

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

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| 2008 Varsity Team Champions: Boys: Danbury (CT) 47 points Girls: Newton South 24 points |
| 2008 Varsity Individual Champions: Boys: Dave Wilson, Brookline 15:23 Girls: Bridget Dahlberg, Newton South 18:13 |
| Course Records: Boys: Dave Wilson, Brookline 15:23 (2008) Girls: Amber Sayer, Amherst, 18:03 (2002) |
| Complete results online: http://www.amherstxc.org/invitational/ |

THIS MEET WAS SANCTIONED BY THE MIAA in 2008. Application for 2009 is pending.

ENTRY FORM - 2009 AMHERST INVITATIONAL AT HAMPSHIRE COLLEGE

The Entry Form is Also Available at <http://www.amherstxc.org/invitational/>

NAME OF SCHOOL _____

ADDRESS: _____

COACH'S NAME: _____

COACH'S HOME PHONE: _____ SCHOOL PHONE: _____

COACH'S EMAIL: _____

WE WILL ENTER THE FOLLOWING RACES:

BOYS: Varsity _____ JV _____ Frosh _____

GIRLS: Varsity _____ JV _____ Frosh _____

ESTIMATE OF TOTAL NUMBER OF RUNNERS: BOYS _____ GIRLS _____

TEAMS ENTERING ARE RESPONSIBLE FOR THE ENTRY FEE WHETHER THEY RUN OR NOT.

*** ROSTERS WILL BE REQUESTED IN EARLY SEPTEMBER ***

We will need team rosters no later than 7 days before the race.

Rosters can be submitted to Art Keene by email at keene@anthro.umass.edu or faxed to 413-545-9494.
PLEASE PRINT OR TYPE YOUR ROSTERS INCLUDING FULL NAME AND YEAR OF GRADUATION.

SCHEDULE OF RACES – SATURDAY, SEPTEMBER 26, 2009

*** PLEASE RECONFIRM TIMES ON THE DAY OF THE MEET. ***

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| 10:00 AM | Freshman Girls |
| 10:40 | Freshman Boys |
| 11:20 | Varsity Girls |
| 12:00 PM | Varsity Boy |
| 12:40 | JV Girls |
| 1:20 | JV Boys |

Awards Ceremony: immediately after the completion of the Boys JV Race.
Hampshire College Swimming Pool will be open to all runners from Noon-3:30.

Information on overnight accommodation is available from the meet directors. The weekend of September 26th is a football weekend and it will be difficult to book rooms. If you plan to stay in a hotel in or near Amherst you need to book your rooms early in the summer.

PLEASE MAIL ENTRIES TO : AMHERST CROSS COUNTRY / ATTN: ART KEENE
25 Dennis Drive
Amherst, MA 01002
Phone: 413-253-3421