



**North Harford High School  
1st ANNUAL  
Gunpowder Falls  
Cross Country Invitational  
2011**



**Date: Saturday, October, 2 2011**

**Time:** 8:00a.m.-Course Walk

**Place:** Gunpowder Falls State Park- Jersusualm Mill Area-3.0 Miles  
(Site of the 3A North Regional)

**Team Entry:**

1. Each school may enter one varsity boy's team (7 runners) and one varsity girls team (7 runners). Each school may enter as many runners as they want in the B races however this races will not be scored or timed.
2. Schools may enter unlimited runners in the open boy's race and the open girl's race.
3. The preferred method of entry is via [www.runningmaryland.com](http://www.runningmaryland.com) entry website. You may have used this website for track and field. If you are familiar with this entry process please complete your entries this way. You may also use the form below to fax or e-mail your entries if you prefer. Entries are due on Monday September 26<sup>th</sup>.

**TENTATIVE ORDER OF RACES AND APPROXIMATE TIMES:**

9:00 a.m.	Varsity Girls Race	3.1 miles	scoring race
9:35 a.m.	Varsity Boys Race	3.1 miles	scoring race
10:00 a.m.	Girls' B Race	3.1 miles	non-scoring race
10:45 a.m.	Boys' B Race	3.1 miles	non-scoring race
12:15 p.m.	Open Race	3.1 miles	non-scoring

**AWARDS 11:30 A.M. .**

**Varsity Boys and Girls Races**

1. Plaque to winning team and runner-up
2. Medals to individuals finishing 1-10
3. Ribbons to individuals finishing 11-25

B Races Medals to the top 3 in B races and ribbons through the top 20.

**Entry Fee:**

The cost for the race is \$70.00 per girls' team (Varsity and open race) or \$70.00 per boys' team (Varsity and Open race) or **\$125.00 for all races**. **Make your check payable to North Harford High School**, and send check with the form below to North Harford High School, c/o Eric Benjamin, Cross Country Coach, North Harford High School, 211 Pylesville Road Pylesville, MD. 21132 by **Monday, September 26<sup>th</sup>, 2011**. The entry fee must be received by September 30<sup>th</sup> in order to participate in the invitational.

***Teams entering incomplete teams will be charged \$15.00 / athlete entered.***

(Please complete and mail to North Harford High School ASAP, or E-mail the following information to reserve your entry into the meet. To [Eric.Benjamin@HCPS.org](mailto:Eric.Benjamin@HCPS.org)

**Entry is limited to the 1<sup>st</sup> 20 teams.**

\_\_\_\_\_ High School plans to enter the following races:

\_\_\_\_\_ **Varsity Boys Race**

\_\_\_\_\_ **Varsity Girls Race**

\_\_\_\_\_ **Boys B Race**

\_\_\_\_\_ **Girls B Race**

\_\_\_\_\_ **All Races**

\_\_\_\_\_ **Individual athletes** (\$15.00 / athlete)  
*(Incomplete teams only)*

**Boys' Coach:** \_\_\_\_\_

**Girls' Coach:** \_\_\_\_\_

**Work Telephone:** \_\_\_\_\_

**Work Telephone:** \_\_\_\_\_

**Home Telephone:** \_\_\_\_\_

**Home Telephone:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Athletic Director**  
**Signature** \_\_\_\_\_

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**RACE ENTRY FORM**

Please provide the **First** and **Last** name of each runner you plan to enter in the Varsity races only. Also, please remember to **print legibly**. You may list up to 10 athletes for the varsity races. This form must be received by Monday September 26<sup>th</sup>, 2011 at North Harford High School, 211 Pylesville Road Pylesville, MD. 21132 You may also fax this form to North Harford at **(410)638-3666**. Please remember to use a cover sheet, and address the fax to Eric Benjamin, Cross Country Coach. Substitutions or amendments may be made to this list before Friday September 30<sup>th</sup>, 2011 by 3:00 p.m.

**Note:** You may also E-mail your Varsity (Top 10 runners only) to [Eric.Benjamin@hcps.org](mailto:Eric.Benjamin@hcps.org) provided that they are received by September 26<sup>th</sup>, 2011.

**School Name:** \_\_\_\_\_

	Boys Varsity	Girls Varsity
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

**Please list an approximate number of athletes you will enter in the open races below:**

\_\_\_\_\_ Boys Open

\_\_\_\_\_ Girls Open

Race results will be posted the evening of the race on [www.runningmaryland.com](http://www.runningmaryland.com).

**Falls 5K Open Race**  
**Saturday, October 1, 2011 – 12:00pm**  
**Jerusalem Mill – Gunpowder State Park**

**Cause:** This is an open race to raise money for the North Harford High School Boosters Club and Cross Country team.

**Fees:** Mailed entry forms including check postmarked by September 11<sup>th</sup> will be \$15.00. After that the entry fee will be \$20.00. Race day registration is from from 10:00a.m. – 11:30a.m (\$25.00). **Make checks payable to North Harford High School w/ Cross Country in the memo and the mailing address for the entree is: North Harford Cross Country, 211 Pylesville Rd, Pylesville Md 21132**

**Awards:** Awards to top three overall and top two of the following age groups for men and women: 14 and under, 15 – 19, 20 – 29, 30 – 39, 40 – 49, 50 – 59, 60 and up.

**Course:** The course will be a 3.0 miles with rolling hills with some wooded areas. Jerusalem Mill is beautiful rural area with scenic views and history.

**Amenities:** **T- shirt to all who sign up.** There will be water on the course and at the finish, timers at 1 and 2 mile. Results posted on line @ [www.runningmaryland.com](http://www.runningmaryland.com) There will be refreshments available after the race.

**Directions:**

**1. From Interstate 95:**

1. Take exit 74 route 152 north (toward Fallston) 2. Pass through the light at Singer road 3. Make the next left onto Jerusalem road 4. Continue straight through the four way stop at Old Joppa road 5. Proceed for about ¼ to ½ mile 6. The parking lot is on the right across the street from the Mill (this parking is exclusively for buses)

**2. From points north:**

1. Route 152 South 2. Make a right at the light onto Old Joppa road 3. Follow approximately ½ mile 4. Turn right onto Jerusalem Mill road 5. See directions 5 and 6 above

**Contact:** Race Director: Eric Benjamin 410-638-3650  
E- mail: [Eric.Benjamin@hcps.org](mailto:Eric.Benjamin@hcps.org)

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**Falls 5K ENTRY FORM:**

**NAME:** \_\_\_\_\_ **AGE:** \_\_\_\_\_ **SEX:** \_\_\_\_\_  
**ADDRESS:** \_\_\_\_\_  
**PHONE #:** \_\_\_\_\_

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, my executors & administrators, waive all rights and claims for damages I may have against Falls Road Running Store: USA track & field; RRCA; all sponsors; race director; volunteers; North Harford High School; & their agents for any & all injuries suffered by me during the Falls 5k. I hereby, by my signature, acknowledge reading & understanding this clause, and attest & verify that I am physically fit and have adequately trained for this event and my parent or guardian's signature is below if I am under 18 years of age.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT/ GUARDIAN SIGNATURE (if under 18): \_\_\_\_\_