

**2017 “Gilford at Gunstock” Early Bird
Cross Country Invitational
Thursday August 31st, 2017**

Timing will be provided by Lancer Timing Services, Richard Berryman, head Timer. All athletes must be entered in Direct Athletics by August 28th. The entry process is two steps. You must first update your list of athletes.

Then you will need to enter them into either the girls’ race or the boys’ race. If you are new to Direct Athletics or need any kind of help call Richard Berryman at 603-398-1754 and he will assist you.

Note that in your schedule of meets there will be a green register bar that you will click on when you enter your athletes in the meet.

ENTRIES CLOSE MONDAY AUGUST 28th. NO EXCEPTIONS!

Location: Gunstock Mountain Resort, Rt.11A, Gilford. GPS address is 621 Cherry Valley Road, Gilford 03249.

Time Schedule: Course inspection on own; 4:00 Boys Race, 4:45 Girls Race,

Awards: 1st Place team plaques, T-shirts to top ten finishers

Entry Fee: \$30.00 per team, \$60.00 full boys and girls team or \$5.00 per runner if less than 5 on team. Please make checks payable to **Gilford HS Athletics - Early Bird**, and mail to Gilford High School, 88 Alvah Wilson Road, Gilford NH 03249. No team will run unless fee is paid in full by race day.

Course: 5K double track and wood chip trails with hills. Same course as last year.

Invited Schools: Belmont, Berlin, Bow, Derryfield, Hanover, Hillsboro-Deering, Hopkinton, InterLakes, Kearsarge, Kingswood, Laconia, Moultonborough, Newfound, Newmarket, Plymouth, Portsmouth Christian, Prospect Mountain, White Mountains, Gorham, Raymond, Bishop Brady and Winnisquam

Parking: All buses and cars must use the main alpine lodge parking lot. Parking attendant will direct buses.

Questions: Janine Powis jxcpowis@gmail.com
Kathy Aldridge fynanaldridge@metrocast.net

Richard Berryman rick@lancertiming.com
Rick Acquilano, AD racquilano@sau73.org

Rick