

# 2023 Gilford Early Bird Cross Country Invitational

Thursday - August 31, 2023

**Entries:** Timing will be provided by Lancer Timing Services, Rick 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 email Rick Berryman at [rick@lancertiming.com](mailto:rick@lancertiming.com) and he will assist you.

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

**Time Schedule:** NO course walk, but the course is open for preview beginning 2:30pm. 4:00 Boys Race, 4:45 Girls Race

**Awards:** 1<sup>st</sup> Place team plaques, T-shirts to top ten finishers

**Entry Fee:** \$50.000 per team, \$100.00 full boys and girls team or \$10.00 per runner if less than 5 on team. Please make checks payable to Gilford High School - Early Bird, and mail to Gilford High School, Alvah Wilson Road, Gilford NH 03249. No team will run unless the fee is paid in full by race day.

**Course:** Same as previous years, 5.07 km double track and wood chip trails with hills. We are looking to see who can challenge the records of Briana Malone (Portsmouth Christian) – 20:11.63 and Patrick Gandini (Gilford) – 16:41.48...

**Invited Schools:** Belmont, Berlin, Bishop Brady, Claremont Christian, Epping, Hopkinton, InterLakes, Kearsarge, Laconia, Mascoma, Moultonborough, New Market, Newfound, Plymouth, Portsmouth Christian, Prospect Mountain, White Mountains and Winnisquam

**Parking:** All buses and spectators must park in the Main Lodge parking lot

**Restrooms:** available in the lower level of the Main Lodge and on the upper deck of the Welcome Center

**Questions:** Kathy Aldridge, [kmfaldridge@gmail.com](mailto:kmfaldridge@gmail.com) or Rick Aquilano, [racquilano@sau73.org](mailto:racquilano@sau73.org)