

# THE TWENTY-SEVENTH ANNUAL Amherst Cross Country 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, MA

DATE: SATURDAY, SEPTEMBER 23, 2023, 10 AM    COURSE: A flat, fast, 5k over grass, farm roads & pavement.

LAST YEAR'S CHAMPIONS: Boys Team: New Milford (CT) Girls Team: Acton-Boxboro  
Boys Individual: Collin Walsh, New Milford (CT) 15:55 Girls Individual: Tamar Byl-Brann, Amherst 19:07

RACES: Varsity Boys and Girls, JV Boys and Girls, Freshman Boys and Girls. Complimentary refreshments will be served to runners after the races. 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 20 teams. Teams that ran in 2022 are guaranteed a spot which will be held through June 14 at which time we will offer remaining spots to new teams. Teams may start up to 10 runners in the varsity race. A school must enter a team (at least five runners) in the varsity race to participate in the JV race. JV and Freshman teams may enter and start an unlimited number of runners. Entries on [directathletics.com](http://directathletics.com)

AWARDS: Varsity Races: Trophies to the top 15 finishers in each race. Plaques to the top three teams.

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 will receive a free entry to the invitational.

ENTRY FEE: \$200/Gender. Max \$400/School. \$35/Individual

Payment must be received NO LATER THAN SEPTEMBER 1.

Checks should be made out to Amherst Hurricanes Athletic Boosters with XC Invitational in the memo line, and mailed to Amherst Hurricanes Athletic Boosters, P.O. Box 758, Amherst, MA 01002

CONTACTS:        Meet Director: Eric Nazar [enazar@hampshire.edu](mailto:enazar@hampshire.edu) (413) 695-3515  
ARHS XC Coaches: Chris Gould - (413) 253-9162, Ron Jacobs (413) 275-2446 and Elena Betke-Brunswick

THIS MEET WAS SANCTIONED BY THE MIAA IN 2022 . SANCTION FOR 2023 IS PENDING FOR ALL NEW ENGLAND STATES + NEW YORK.

## **MEET DAY SCHEDULE:**

Course is open for warmups at 8:30 AM

10 AM	Frosh Girls
10:40	Frosh Boys
11:20	Varsity Girls
12 Noon	Varsity Boys
12:40 PM	JV Girls
1:20 PM	JV Boys
2:15 PM	Awards

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### ENTRY FORM - AMHERST INVITATIONAL AT HAMPSHIRE COLLEGE

NAME OF SCHOOL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

SCHOOL PHONE: \_\_\_\_\_

BOYS HEAD COACH NAME: \_\_\_\_\_

COACH'S EMAIL: \_\_\_\_\_

COACH'S CELL PHONE: \_\_\_\_\_

GIRLS HEAD COACH NAME: \_\_\_\_\_

COACH'S EMAIL: \_\_\_\_\_

COACH'S CELL PHONE: \_\_\_\_\_

WE WILL ENTER THE FOLLOWING RACES:

BOYS: Varsity \_\_\_\_\_ JV \_\_\_\_\_ Frosh \_\_\_\_\_

GIRLS: Varsity \_\_\_\_\_ JV \_\_\_\_\_ Frosh \_\_\_\_\_

ESTIMATED NUMBER OF RUNNERS: BOYS \_\_\_\_\_ GIRLS \_\_\_\_\_