

5th Annual Jackie Henderson Memorial Cross Country Invitational
SATURDAY, SEPTEMBER 7TH, 2024
NORTH MONTEREY COUNTY HIGH SCHOOL
CASTROVILLE, CA



Come join us for our 5th Annual Jackie Henderson Memorial Cross Country Invitational on Saturday, September 7th, 2024 at North Monterey County High School in Castroville. Jackie was an assistant cross country and track coach at North Monterey County who was tragically hit by a car while out on a run in the summer of 2017. This event will be in her memory and will be held yearly on the high school campus where she taught science and coached. The course is 3 miles and features grass loops, track laps, and loops on a nature trail on the nearby hills. It has a mix of everything with great viewing, race play-by-play announcing, awards stands, seating, and a very exciting stadium finish.

Visit our meet website <https://sites.google.com/view/hendersonmemorialcc/home> for complete meet information.

Meet registration for the high school races will be done online at <http://www.athletic.net>. Please make sure you register your athletes by Thursday, September 5th, 2024 by 8 PM! **Open and Middle School runners do not need to register online but do need to sign a waiver available on the meet website or at the concessions stand at the event.** Please turn in all waivers at the concessions stand. High school coaches can pick up packets at the concession stand as well.

SCHEDULE:

Open Public/Alumni/Family Race (Waivers required)	8:00 A.M
Open Middle School Race (6th-8th graders- Waivers required)	8:30 A.M.
Frosh/Soph Girls (unlimited entries of 9th and 10th graders)	9:00 A.M.
Frosh/Soph Boys (unlimited entries of 9th and 10th graders)	9:30 A.M.
JV Girls (unlimited entries of any grade level)	10:00 A.M.
JV Boys (unlimited entries of any grade level)	10:30 A.M.
Varsity Girls (limited to 7 runners per team of any grade level)	11:00 A.M.
Varsity Boys (limited to 7 runners per team of any grade level)	11:30 A.M.

SCORING: The top 5 finishers in each race will count toward the team score. The 6th and 7th finishers will displace. No runners past the 7th team finisher will be counted in the team scoring.

AWARDS: Plaque for the winning team in each race. Medals to first 7 members of 1st, 2nd, and 3rd place teams in each race. Medals to the top 10 runners in each race. Trophy for first place individual finisher in each race.

OTHER: There will be a snack shack and memorial T-shirts will be on sale. The open family/alumni/public race and middle school races will be non-scoring without official results but medals will be given to the top 5 finishers overall in each gender. These open races require no fee (they are free!) or registration but they do require a signed waiver (available [here](#) or at the race) signed by someone over 18 yrs. old.

CONTACT: Meet Director Gustavo Ibarra (Cell) 831- 524-1283 gibarra@nmcusd.org

ENTRY FEES: Make checks payable to North Monterey County High School. Send to Gustavo Ibarra, North Monterey County HS, 13990 Castroville Blvd, Castroville, CA 95012. You can also hand deliver the check to the concession stand.

The fee is based on the total number of runners from your school. Please use this chart to calculate your fee.

1=\$6...2=\$12...3=\$18...4=\$24...5=\$30...6=\$36...7=\$42...8=\$48...9=\$54...10=\$60...11=\$66...12=\$72...13=\$78...
 14=\$84...15=\$90...16=\$96...17=\$102...18=\$108...19=\$114...20=\$120...21=\$126...22=\$132...23=\$138...24=\$144...
 25=\$150...26=\$156...27=\$162...28=\$168...29=\$174...30-39=\$175...40-49=\$200...50-75=\$225...76-99=
 \$250...100+=\$300