2022 Gilford Early Bird Cross Country Invitational
Thursday September 1st
It’s on!!!!!!!

Entries: Timing will be provided by Lancer Timing Services, Rick Berryman, Head Timer. All athletes must be entered in Direct Athletics by August 30th. 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 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 TUESDAY AUGUST 30th . NO EXCEPTIONS!

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: 1st Place team plaques, T-shirts to top ten finishers
Entry Fee: $40.000 per team, $80.00 full boys and girls team or $8.00 per runner if less than 5 on team. Please make checks payable to Rick Acquilano- 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, 5K double track and wood chip trails with hills.
Invited Schools: Belmont, Berlin, Bishop Brady, Epping, Hopkinton, InterLakes, Kearsarge, Laconia, Mascoma, Moultonborough, Newfound, Plymouth, Portsmouth Christian, Prospect Mountain, White Mountains and Winnisquam
Parking: All buses and cars must use the main alpine lodge parking lot. Parking attendant will direct buses.
Restrooms: available on the lower level of the Main Lodge

Questions: Kathy Aldridge fynanaldridge@metrocast.net, Rick Acquilano racquilano@sau73.org, or Rick Berryman rick@lancertiming.com