

RFA Bill Coughlin Cross Country Invitational

Saturday, October 14, 2017

Staley Elementary School – 620 E. Bloomfield St. Rome, NY

Order of Events:

Aaron Verminski/Joseph Pocchiari Open 5K Run (all ages)	11:00 am
Coaches Meeting	11:45 am
Modified Girls	12:00 pm
Modified Boys	12:30 pm
JV Boys	1:00 pm
Varsity Girls (All)	1:30 pm
Varsity Boys (Top 7)	2:15 pm

Awards: T-Shirts to top 7 on winning team

T-shirts to top 10 individuals not on winning team

(Except for Varsity Girls which will have 20)

Timing: Leone Timing will be scoring this event (Please register your runners with Leone @ www.ny.milesplit.com }

Food: Will be sold throughout the day

Fees: \$ 125 per school

\$ 10 donation for the open run (T-Shirts to the 1st ten entries) Race day registration only.

Make Check/Voucher Payable To:

RFA Cross Country Running Booster Club

Please Send Check/Voucher To:

Ty Knamm
Strough Middle School
800 Cypress St.
Rome, NY 13440

***Please email Ty Knamm (tknamm@romecsd.org) by September 30th if you will be attending our invitational **Contact Info:** Ty Knamm (315) 533-6370 or tknamm@romecsd.org