

RFA “BILL COUGHLIN” **CROSS COUNTRY INVITATIONAL**

Saturday, October 14, 2023

Rome Free Academy – 95 Dart Circle, Rome, NY 13441

ORDER OF EVENTS:

Verminski/Pocchiari/Seoane 5K Open Run	10:00 am
Coaches Meeting	10:45 am
Modified Girls	11:00 am
Modified Boys	11:20 am
Varsity Girls	11:40 am
Varsity Boys	12:15 pm

COURSE: Fast

AWARDS: T – Shirts to top 5 on winning team for each race
T – Shirts to top 5 individuals not on winning team for each race

TIMING: Please email your entries ASAP but no later than October 7, 2023 to the following email ksutt88@gmail.com and please include your school and whether they are a Modified Boy, Modified Girl, Varsity Boy or Varsity Girl.

FOOD: Will be sold throughout the day

FEES: \$150 per school
\$15 donation for the open run (proceeds go to Verminski/Pocchhari/Seoane scholarship).

MAKE CHECK/VOUCHER PAYABLE TO:
RFA Cross Country Running Booster Club

PLEASE SEND CHECK/VOUCHER TO:
Ty Knamm
Strough Middle School
801 Laurel Street
Rome, NY 13440

Please email Ty Knamm (tknamm@romecsd.org) by September 16th if you will be attending our invitational. **Contact Info:** Ty Knamm (315) 533-6370 or tknamm@romecsd.org with questions.