

2009 RFA "BILL COUGHLIN" **CROSS COUNTRY INVITATIONAL**

Saturday, October 10
Staley Upper Elementary
Rome, NY

ORDER OF EVENTS:

Coaches Meeting	12:15
Modified Girls	12:30
Modified Boys	12:50
JV Boys	1:10
Varsity Girls (All)	1:40
Varsity Boys (Top 7)	2:20

COURSE: European Style 5K Course

AWARDS: 1st Place team award for each race
Ribbons awarded to all runners
T-Shirts to the Top 10 in each race

TIMING: All races will use automatic timing

FOOD: Will be sold throughout the day

FEEES: \$35 Per Race/ \$100 Maximum per team

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

PLEASE SEND CHECK/VOUCHER TO:
Frank Mastraccio
725 Croton St.
Rome, NY 13440

PLEASE E-MAIL YOUR ROSTERS BY OCTOBER 7TH TO:
tknamm@romecsd.org

QUESTIONS:
Ty Knamm – 533-6370