

2010 RFA “BILL COUGHLIN” **CROSS COUNTRY INVITATIONAL**

Saturday, October 09
Staley Upper Elementary School
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: T – Shirts to top 7 on winning team
T – Shirts to top 5 individuals not on winning team

TIMING: All races will use automatic timing

FOOD: Will be sold throughout the day

FEES: \$100 per school

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 E-MAIL IF YOU ARE PLANNING ON RUNNING OUR
INVITATIONAL BY SEPTEMBER 25.**

PLEASE E- MAIL YOUR ROSTERS BY OCTOBER 2.

E- MAIL ADDRESS: tknamm@romecsd.org

QUESTIONS: Call Ty Knamm at 533-6370