

# **2011 RFA "BILL COUGHLIN"** **CROSS COUNTRY INVITATIONAL**

**Saturday, October 8 - Staley Upper Elementary School  
Rome, NY**

**ORDER OF EVENTS:**

Aaron Verminski 5K Open Run (for all ages)	11:15 am
Coaches Meeting	12:15 pm
Modified Girls	12:30 pm
Modified Boys	12:50 pm
JV Boys	1:10 pm
Varsity Girls (All)	1:40 pm
Varsity Boys (Top 7)	2:20 pm

**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 a computer timing system

**FOOD:** Will be sold throughout the day

**FEES:** \$100 per school  
\$10 donation for the open run (shirts for 1<sup>st</sup> 25 entries).

**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 OR SEND A VOUCHER/PAYMENT IF YOU ARE PLANNING  
ON RUNNING IN OUR INVITATIONAL BY SEPTEMBER 24.**

**PLEASE E- MAIL YOUR ROSTERS BY OCTOBER 1.**

**E- MAIL ADDRESS:** [tknamm@romecsd.org](mailto:tknamm@romecsd.org)

**QUESTIONS: Call Ty Knamm at (315) 533-6370**