

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

Saturday, October 12, 2019

STALEY ELEMENTARY SCHOOL – 620 E Bloomfield Street, Rome, NY

ORDER OF EVENTS:

Aaron Verminski/Joseph Pocchiari 5K Run	11:00 am
Coaches Meeting	11:45 pm
Modified Girls	12:00 pm
Modified Boys	12:30 pm
Varsity Girls	1:00 pm
Varsity Boys	2:15 pm

COURSE: European Style 5K Course

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 register your athletes with Leone Timing-online entries/
Mile Split NY

FOOD: Will be sold throughout the day

FEES: \$125 per school
\$10 donation for the open run (proceeds go to Verminski/Pocchari 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 30th if you will be attending our invitational. **Contact Info:** Ty Knamm (315) 533-6370 or tknamm@romecsd.org