

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

Saturday, October 10, 2026

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

ORDER OF EVENTS:

Verminski/Pocchiari/Seoane 5K Open Run	8:00 am
Coaches Meeting	8:45 am
Modified Girls	9:00 am
Modified Boys	9:30 am
Varsity Girls	10:00 am
Varsity Boys	10:45 am

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: Coaches must enter/register all of their participating athletes (varsity and modified) via ny.milesplit.com by October 7. This is the only way to register your athletes.

FOOD: Will be sold throughout the invitational

FEES: \$200 per school
\$20 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 Nick Jeror (nicholasjeror@gmail.com) by September 13th if you will be attending our invitational.