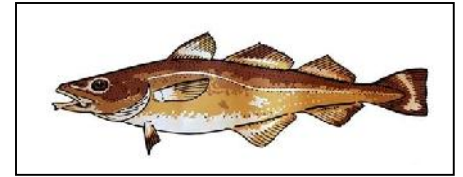




50th Codfish Bowl Cross Country Races



Saturday, September 22, 2018

Franklin Park, Boston

Presented by USATF - New England

With the cooperation of the Boston Parks Dept

The standard 5K and 8K courses will be utilized

Women's 5K at 12:15 p.m. Men's 8K at 12:50 p.m. **NOTE NEW TIMES**

There is an event using Playstead Field until 11:00

Please do not arrive before 11:00, and warm up around that event.

*** Given the 3 loop women's course and 4 loop men's course, lapping is likely for women running 26+ minutes or men running 35+ minutes. It is the runners' responsibility to know the course and run the proper distance.

Entries: Colleges: Submit rosters in an excel file in the following format

Teams: FirstName, LastName, M/F, School, Class, tfrrs ID, Send to office@usatfne.org

Clubs: May submit rosters in the above format, substituting USATF # for tfrrs ID. Alternatively, submit individual entry forms. Please pay in advance.

** All entrants will be required to individually sign a waiver prior to competing

Individuals: Submit form (found at www.newengland.usatf.org) and fee in advance by mail

Or submit by email and pay on meet (fee is due whether you run or not)

USATF membership required for all non-collegiate runners

Minimum age 15 years old

Entry Deadline: Thursday, September 20, 12:00 noon. Late fees apply after that date

On Time Fees:

Teams: \$100 for teams up to 10 runners then

\$5/runner over 8 runners (separate men & women team fees)

Individuals / unattached: \$10

Cash or check payable to USATF-NE. Note: It is an entry fee, not a participation fee

Late Fees: ALL day of race entries ARE \$20 PER ENTRANT, Entry 11-11:30 only

Awards: Unique plaque to winning teams. Unique medals to top 10 individuals

Questions? office@usatfne.org

www.newengland.usatf.org - Go to Sports - then to Cross Country (maps and directions)

Check the website for any late changes in format

(Information as of August 21, 2018)