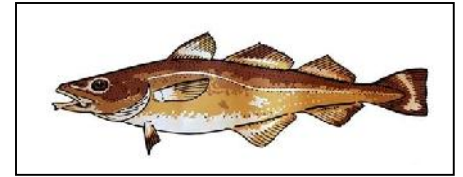




51st Codfish Bowl Cross Country Races



Saturday, September 28, 2019

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 2:15 p.m. Men's 8K at 2:50 p.m. **NOTE NEW TIMES**

There is a scholastic event running until 1:15 pm

Please do not arrive before 1:00, and warm up after 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 and we will download rosters from tfrrs

Clubs and other teams: May submit rosters in a spreadsheet (request the format)

** 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 non-collegiate runners

Minimum age 15 years old

Entry Deadline: Thursday, September 26, 12:00 noon. Late fees apply after that date

On Time Fees:

Teams: \$10 per runner for teams up to 10 runners then

\$5/runner over 10 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 1:00-2:00 p.m. 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 September 13, 2019)