

**Codfish Bowl Cross Country Invitational (52<sup>nd</sup> Men's Race, 42<sup>nd</sup> Women's Race)**  
**Sponsored by USA Track & Field - New England**

Date: Teams must compete between Friday, September 25<sup>th</sup> and Sunday, September 27<sup>th</sup>

Distance: 5K Men, 5K Women

Competition Divisions: Collegiate Men, Collegiate Women, USATF Club Men, USATF Club Women

- Teams must have a minimum of three competitors (5 for running at Franklin Park)
- Team competition only (no open individual entries)
- Collegiate teams can participate as an "opportunity for team engagement", a "game-like practice", or a "virtual competition"

Format: Two race options depending on each team's preference:

- **Asynchronous Race** @ Franklin Park: Each team runs the Franklin Park 5K course on a "reservation basis" in an assigned time 1 hour block on Friday, September 25<sup>th</sup> or Saturday, September 26<sup>th</sup>; USATF-NE will time those teams. Men and women from a team run together  
*Franklin Park use is contingent on continued approval by Boston Parks. Permission is in place as of Aug 21. Teams must run under strict protocols outlined in a separate document.*
- **Virtual Race** – Wheel-measured (GPS measurement not acceptable) 5K cross-country course; for colleges, on-campus courses are encouraged; course can be "net downhill"; times submitted by coaches

Asynchronous Race: Coaches must book a "reservation" with USATF-NE by Wednesday, September 23<sup>rd</sup> at 5pm; reservations will need to include the following information (USATF-NE will provide format and available times):

- Team Name and Competition Division (Collegiate Men or Women, USATF Club Men or Women)
- Full list of names and email addresses of all competitors
- USATF-NE will time competitors
- All competitors will be required to submit both a standard waiver and a Covid-specific form

Virtual Race: Coaches must indicate an intention to compete by Wednesday, September 23<sup>rd</sup> at 5pm; coaches must submit the following results information on Excel or Google Sheets (USATF-NE will provide format) by Sunday, September 27<sup>th</sup> at 5pm:

- Team Name
- Competition Division (Collegiate Men, Collegiate Women, USATF Club Men, USATF Club Women)
- Course Name and Location
- Date and Start Time of Competition (team runners may go off in waves or in a pursuit start to ensure social distancing)
- Names and times for competitors
- Attestation by coach that times provided are true and correct
- Picture of timing tape or score sheet

Scoring: Times from all teams will be combined into two sets of results (Asynchronous and Virtual) for each of the four Competition Divisions

- Traditional cross-country scoring (top 5 runners score, runners 6 & 7 displace)
- Results posted by Monday, September 28<sup>th</sup> at 5pm

Prizes: USATF "mementos" for all competitors

Questions: Please contact Steve Vaitones at (617) 566-7600 or [svaitones@usatfne.org](mailto:svaitones@usatfne.org).

Entry Fee: None