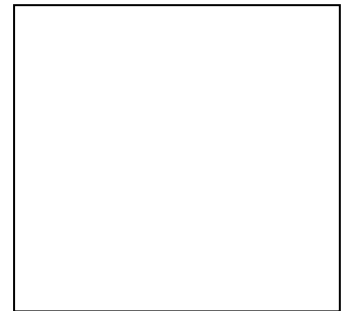




45th Codfish Bowl

Cross Country Races

Saturday, September 28, 2013
Franklin Park, Boston



Presented by USATF - New England

The season's first open meet at Franklin Park for all levels of teams

The standard but updated 5K and 8K courses will be utilized

Women's 5K at 11:00 a.m.

Men's 8K at 11:30 a.m.

Entries: Colleges: Submit rosters via email in an excel file

(first name, last name, M/F, school/club, class) to office@usatfne.org

Clubs: Submit rosters in the above format, or submit individual entry forms

*** All non-collegiate entrants must complete/sign a waiver prior to competing

Individuals: Submit form (at www.usatfne.org/cross) and fee in advance

Or submit email/pay on meet

USATF membership required for all non-collegiate runners

Sorry, no runners under age 15

Entry Deadline: Wednesday, September 25, 5 p.m. Late fees after that date

On Time Fees:

Teams: \$10 per runner for up to 8 runners on a team (\$80) then
\$5/runner over 8 runners (separate men & women team fees)

Individuals/unattached: \$10

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

LATE: ALL late and day of race sign up ARE \$15 PER ENTRANT

Awards: Unique plaques to winning teams, Coach Squires-approved awards to top 7 places

The race is run with the cooperation of the Boston Parks Dept

Questions ? office@usatfne.org - 617-566-7600 - www.usatfne.org/cross

Check the website for any late changes in format

(Information as of August 28, 2013)