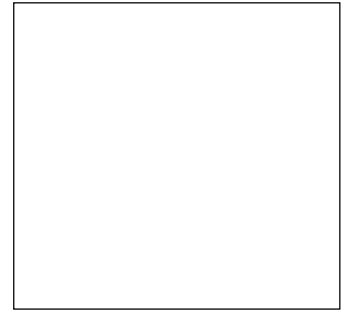




48th Codfish Bowl

Cross Country Races

Saturday, September 24, 2016
Franklin Park, Boston



Presented by USATF - New England

With the cooperation of the Boston Parks Dept

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

The standard 5K and 8K courses will be utilized

Women's 5K at 11:00 a.m. Men's 8K at 11:45 a.m.

*** Given the 3 loop women's course and 4 loop men's course, lapping is likely for women running 28+ minutes or men running 36+ minutes. It is the runners' responsibility to know the course and run the proper distance.

Entries: College teams: Submit rosters in an excel file Pay in advance or on site

Teams: (first name, last name, M/F, school, class, tfrrs ID) 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.usatfne.org/cross) and fee in advance by mail

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

USATF membership required for all non-collegiate runners

Sorry, no runners under age 15

Entry Deadline: Tuesday, September 20, 6 p.m. Late fees apply 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 payable to USATF-NE. Note: It's an entry fee, not a participation fee

Late Fees: ALL day of race entries ARE \$20 PER ENTRANT

Awards: Unique plaques to winning teams.

Questions? office@usatfne.org - www.usatfne.org/cross (maps and directions)

Check the website for any late changes in format

(Information as of August 10, 2016)