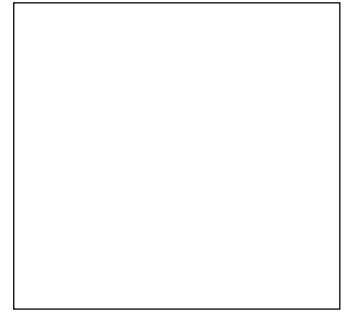




# 45<sup>th</sup> Codfish Bowl

## Cross Country Races

Saturday, September 27, 2014  
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 with women running 28+ minutes or men running 37+ minutes. It is runners' responsibility to know the course and run the proper distance.

**Entries:** Colleges: Submit rosters via email 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](mailto: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 non-collegiate entrants must individually sign a waiver prior to competing

**Individuals:** Submit form (found at [www.usatfne.org/cross](http://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 non-collegiate runners

Sorry, no runners under age 15

**Entry Deadline:** Wednesday, September 24, 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 Fees:** ALL late and day of race entries ARE \$20 PER ENTRANT

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

**Questions?** [office@usatfne.org](mailto:office@usatfne.org) - [www.usatfne.org/cross](http://www.usatfne.org/cross) (maps and directions)

Check the website for any late changes in format

(Information as of August 25, 2014)