

Munster Schools Athletics Association



Dear Teacher/Coach,

A Cork Secondary Schools Invitational Cross-Country event is planned for Friday 4th December in conjunction with Athletics Ireland, the Cork County Board, the South Munster Schools Association and Midleton CBS. The idea of this event is to increase participation in the sport and allow athletes to try out cross-country running over shorter distances than those to be held in the schools championships after Christmas.

Any school interested in competing in the event is asked to e-mail Athletics Ireland Regional Development Officer Steven Macklin at steven@athleticsireland.ie and specify the number of athletes attending and give a contact e-mail address for the coach/teacher in charge. Please find full details below of the event.

Cork Schools Invitational Cross-Country Friday 4th December 2009 at Midleton CBS:

- All schools pay an entry fee of **3 Euro per athlete** on the day at Midleton CBS, there will be no numbers or pre entries.
- The race distances and order are as follows, run on a 1000m lap course: **1st year girls 1 lap, 1st year boys 1 lap, 2nd/3rd year girls 1 lap, 2nd/3rd year boys 2 laps, 4th/5th/6th year girls 1 lap, 4th/5th/6th year boys 3 laps.** There will be 6 races in total run in the above order with the first race starting at **11.30am sharp.**
- Each athlete will receive a ticket at the finish line indicating their finishing position and the teacher/coach in charge must fill out a team result sheet and hand into the results official at the finish immediately after each race. There will be individual medals for the first ten athletes across the line in each race and the first 3 teams of six athletes in the girl's races and the first 3 teams of eight athletes in the boy's races. The girl's races will have **three athletes to score** and the boy's races **four athletes to score.**
- Parking is very limited at Midleton CBS on the day as it is a school day. Athletes can be dropped off at the gates of Midleton CBS and collected after their event. Parking will have to be found further down the road nearer the town.

Yours in Sport,

Steven Macklin