

AVIVA ALL-IRELAND SCHOOLS CROSS COUNTRY CHAMPIONSHIP 2011

**National Sports Campus, Abbotstown, Dublin 15
Saturday 12 March 2011**

- **The National Sports Campus is delighted to host the AVIVA All-Ireland Schools' and Universities Cross Country Championships.**
- **The event will take place on the grounds surrounding the National Aquatic Centre. The dressing rooms, toilets and showers of the centre will be available to the athletes.**
- **Directions to the Centre**
The following are directions to the National Aquatic Centre.
By Bus from the City Centre
Please take the 38 or 38A from O'Connell Street in the City Centre to Snugborough Road in Blanchardstown.
By Car from the City Centre
Take the Navan Road towards Blanchardstown, take the exit to the left for Blanchardstown S.C and stay in the right hand lane. Take a right at the top of the slip road and cross over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road and take a right at the second set of traffic lights into the National Aquatic Centre.
By car from the M50
Take the exit at junction 6 on the M50 for Blanchardstown. Keep going straight on the Navan Road towards Blanchardstown, take the exit to the left for Blanchardstown S.C and stay in the right hand lane. Take a right at the top of the slip road and cross over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road and take a right at the second set of traffic lights into the National Aquatic Centre.
By Car from the Blanchardstown Centre
Exit the Blanchardstown Centre complex via the Westpoint Health Club exit. Continue to the set of traffic lights and take a left over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road and take a right at the second set of traffic lights into the National Aquatic Centre.

- **Changes in team composition** should be notified by letter, phone or email to the organiser as early as possible but no later than Wednesday 2nd March 2011. It will not be possible to include late changes on the programme. Emergency changes should be handed in at the time of registration. Changes should be in writing and state name, school, date of birth and athlete replacing. **e-mail: johnshields@athleticsireland.ie**
- **Junior and Intermediate Athletes in the first 12** must not leave the finish area until they have filled in the availability sheet for international selection.
- Teachers, athletes and coaches should come prepared for all weather conditions.
- **No litter please.**
- **John Shields** **e-mail: johnshields@athleticsireland.ie**