



***Irish Schools' and Universities' Cross Country Championships 2016
Sligo Race Course, Cleveragh, Sligo***

Saturday 5th March 2016

Timetable:

Minor Girls	2,000m	Call Up 11:50am	Race 12 Noon
Minor Boys	2,500m	Call Up 12:05pm	Race 12:15pm
Junior Girls	2,500m	Call Up 12:20pm	Race 12:30pm
Junior Boys	3,500m	Call Up 12:40pm	Race 12:50pm

****Presentation***

Minor and Junior Team prizes

1.10pm (Finish Area in front of Stand)

University Women	5000m	Call Up 1:05pm	Race 1:15pm
Intermediate Girls	3,500m	Call Up 1:30pm	Race 1:40pm
Intermediate Boys	5,000m	Call Up 1:50pm	Race 2:00pm
Senior Girls	2,500m	Call Up 2:15pm	Race 2:25pm
Senior Boys	6,500m	Call Up 2:30pm	Race 2:40pm
University Men	8,000m	Call Up 3.00pm	Race 3:10pm

Directions:

Venue: <http://www.countyслиgoraces.com/>

GPS Coordinates of Sligo Race Course: **N54 12.686' W08 27.669**

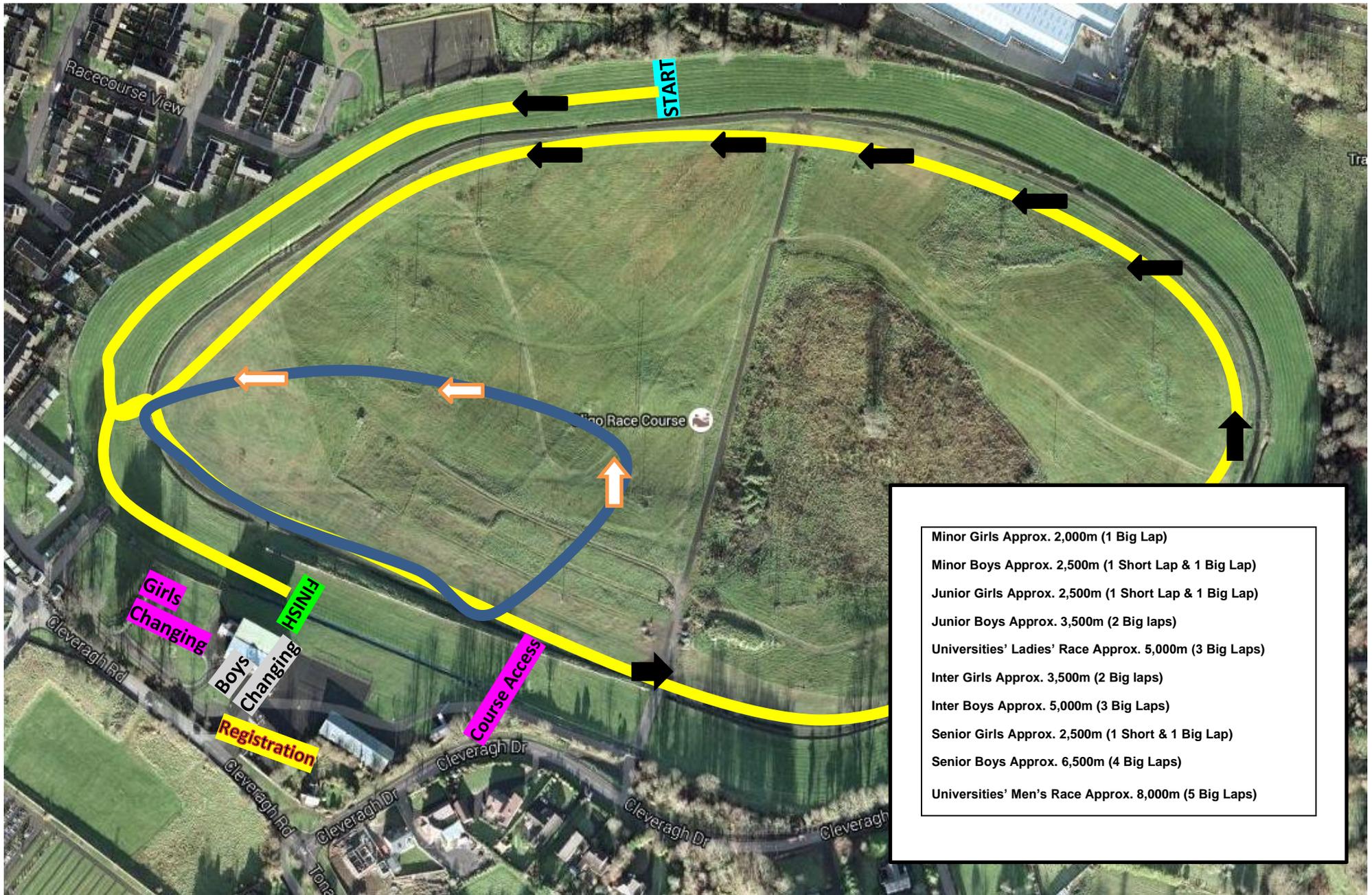
County Sligo Races,

Cleveragh,

Co. Sligo

- **Parking/Entrance:** Traffic management plan in place with the kind permission of an Garda Siochana(please follow instructions). All buses will be directed to Londis carpark.
- **Entrance to Sligo Racecourse** will be through the main entrance only. Athletes/children (turnstile 1) **Adults (turnstiles 2,3,4)**. Adult entrance fee is 10 euro which includes centenary programme. **Children/athletes free of charge**. Souvenir centenary programmes 5 euro.
- **Registration:** Registration will take place in the **Tote building** and will be open from 10:00am. Numbers and pins should be collected here. Numbers are to be clearly visible on the front secured with 4 pins. Any late changes must be notified and recorded on paper before leaving this area. Good4U will also be present here and athletes can collect their goodie bag from the stand located in this area. No spikes to be worn inside this facility.
- **Changing Rooms:** Male changing rooms with showering facilities will be available at the back of the Main Stand. Shoes are not to be washed in the showers or sinks. No spikes to be worn inside this facility. Female changing rooms with showering facilities will be available to the left of the Main stand.

- **Refreshments/Food:** There will be food /drinks vendors located in the Food Marquee beside the Tote building.
- **Toilets:** Toilets are located on the right hand side of the main stand and also inside the Registration area.
- **International Selection:** The first 12 athletes in the junior and intermediate will be required to remain at the finish and make their way to the International Tent until they have filled in the availability sheet for international selection. These teams will consist of 8 athletes. Please note that the international qualification date is the 1st September, which differs from that (July 1st) at our championships. There will also be 4 Senior Boys & Girls selected to take part at the SIAB XC as part of an Irish Schools U20 Team.
- **Presentations:** Individual championship medals will be presented to the first 6 finishers in each race. Team presentations to the first three teams in the minor girls, minor boys, junior girls and junior boys will be presented after the junior boy's race at the finish area. All other team presentations will take place when a gap occurs or after the Senior Boys race.
- **Results:** A full list of results for both the individual and team competitions will be on display on the screen and on the board at the back of the Main stand as soon as possible after each race. For all the results, log onto <http://www.athleticsireland.ie/schools/results/>
- **Changes:** Any changes should be emailed to Anthony White (anthonywhite@athleticsireland.ie) up to Thursday 3rd March. After that it's best to deal with last minute emergency changes at race registration in Sligo racecourse on the day.
- **Litter:** Teachers are asked to ensure their athletes do not leave litter on the course particularly plastic water bottles. There will be adequate litterbins in and around the spectator stand area.



- Minor Girls Approx. 2,000m (1 Big Lap)
- Minor Boys Approx. 2,500m (1 Short Lap & 1 Big Lap)
- Junior Girls Approx. 2,500m (1 Short Lap & 1 Big Lap)
- Junior Boys Approx. 3,500m (2 Big laps)
- Universities' Ladies' Race Approx. 5,000m (3 Big Laps)
- Inter Girls Approx. 3,500m (2 Big laps)
- Inter Boys Approx. 5,000m (3 Big Laps)
- Senior Girls Approx. 2,500m (1 Short & 1 Big Lap)
- Senior Boys Approx. 6,500m (4 Big Laps)
- Universities' Men's Race Approx. 8,000m (5 Big Laps)