

# St. Brigid's Athletic Club

Chairman: Gerard Heery  
Hammondstown, Castlepollard  
086 2499886

Secretary: Ann Lynch  
Rathgarve, Castlepollard  
087 1934194

Ballinacree  
Oldcastle  
Co. Meath

Dear Sir/Madam,

St. Brigid's Athletic Club would like to invite your school to participate in the Geraldine Dolan Memorial Cross Country Meet on **Tuesday the 9<sup>th</sup> of October 2018**, at **our club grounds adjacent to the St Brigid's GFC Pitch**. Competition to commence at **11.00 am** with events for minor girls and boys up to senior girls and boys.

The age groups are broken down as follows:

**Minor** – Under 14 on the 1<sup>st</sup> of July in the year of competition – i.e. 2018.

**Junior** - Under 15 on the 1<sup>st</sup> of July in the year of competition – i.e. 2018.

**Intermediate** - Under 17 on the 1<sup>st</sup> of July in the year of competition – i.e. 2018.

**Senior** - Under 19 on the 1<sup>st</sup> of July in the year of competition – i.e. 2018.

I have attached an order of events which is aimed at catering for all competitors, with distances ranging from 1,000m to 2,000m. Points will again be awarded to the **first 10 individuals** in each race, with the winner getting 10 points, second placed 9 points etc... In the case where there are not 10 individuals in a race points will be scaled back in line with the number of finishers - e.g. if there are only six finishers in a race the winner will get 6 points, second placed 5 points...

In addition, there will be a team competition - **minor and junior girls and boys** races will be **teams of four** to count, while **intermediate and senior girls and boys** races will be **teams of three** to count. Points will be based on the number of teams in each race – e.g. if 12 teams finish, the winners will get 12 points, second placed 11 points... while if only 4 teams finish, the winners will get 4 points, second placed 3 points...

**Athletes must run in their own age group except in a team event where ONE athlete from the age group immediately below may complete a team. No athlete may run in more than one race.**

Finally, **individual & team points** will then be **added together** with the **best overall school** receiving the **Geraldine Dolan Perpetual Cup**.

Entry Fee **€2.00** per athlete.

There is no restriction on the number of individuals or teams any school can bring – the more the merrier. I would be grateful if you could **please advise us of your participation** at your earliest convenience.

For further information on any of the above please contact either [Gerard Heery](mailto:Gerard Heery) on 086 2499886 / [gerardheery1@gmail.com](mailto:gerardheery1@gmail.com) or [Martin J Heery](mailto:Martin J Heery) on 086 8564160 / [mjheery@yahoo.com](mailto:mjheery@yahoo.com)

Yours in sport,

Martin J Heery  
St. Brigid's Athletic Club

## Order of Events:

<b>Minor Girls:</b>	<b>1000m</b>	<b>2 Laps</b>
<b>Minor Boys:</b>	<b>1000m</b>	<b>2 Laps</b>
<b>Junior Girls:</b>	<b>1000m</b>	<b>2 Laps</b>
<b>Junior Boys:</b>	<b>1500m</b>	<b>3 Laps</b>
<b>Intermediate Girls:</b>	<b>1500m</b>	<b>3 Laps</b>
<b>Intermediate Boys:</b>	<b>2000m</b>	<b>4 Laps</b>
<b>Senior Girls:</b>	<b>1500m</b>	<b>3 Laps</b>
<b>Senior Boys:</b>	<b>2000m</b>	<b>4 Laps</b>

### Rules:

1) The age groups are broken down as follows:

**Minor** - Under 14 on the 1<sup>st</sup> of July in the year of competition – i.e. 2018.

**Junior** - Under 15 on the 1<sup>st</sup> of July in the year of competition – i.e. 2018.

**Intermediate** - Under 17 on the 1<sup>st</sup> of July in the year of competition – i.e. 2018.

**Senior** - Under 19 on the 1<sup>st</sup> of July in the year of competition – i.e. 2018.

2) Athletes must run in their own age group except in a team event where ONE athlete from the age group immediately below may complete a team.

3) No athlete may run in more than one race.

4) **Minor & Junior** girls and boys races will be **teams of four** to count.

5) **Intermediate & Senior** girls and boys races will be **teams of three** to count.