Dear PE Teacher / Coach,

Welcome back to another school year. Following on from a very successful competition last year, the School's Cross Country "3 Counties League" will enter its tenth year. The competition is open to all schools in counties Carlow, Laois and Kildare. Participation is at the core of the competition with graded divisions so all teams are competing in a league suitable to their ability. The distances of the races are kept short to encourage all runners.

The dates for the competition are:
Round 1 **Tuesday September 26th Carlow Hurling Club,** Carlow, 10.30am.
Round 2 **Thursday October 19th Newbridge College** 10.30am.
Round 3 **Thursday November 16th**, **Graiguecullen GAA club** 10.30am. (Cross Country Relays)

Each days fixtures will have 8 races, including Minor (under 14) Girls & Boys, Junior (under 15), Girls & Boys, Inter (under 17) Girls & Boys, Senior (under 19) Girls and Boys. The entire event takes less than two hours. The order of events is subject to change on the day.

The entry fee for the competition is €50 per school. Schools can enter as many teams as they wish, including multiple teams in each race.

The relevant dates of birth are:
Minor Girls and Boys after 1/7/2004   Junior Girls and Boys after 1/7/2003
Inter Girls and Boys after 1/7/2001   Senior Girls and Boys after 1/1/1999

4 runners to score at all levels except Senior Girls where 3 score. (The final round of cross country relays will be 4 per team in all categories) The winning teams will be awarded perpetual shields and medals will be awarded to the top 3 teams in each category.

If your school won a shield last year or in previous years please bring it along to the first event.

Schools can enter in advance of the event or on the first day.
Entries to:
Pat Ryan, Athletics Ireland, Unit 19 Northwood Court, Northwood Business Campus, Santry, Dublin 9.

Please contact me with any queries on patryan@athleticsireland.ie 087 2621310.

Yours in sport,

Pat Ryan
Director of Coaching & Development
Athletics Ireland.