

Rice XC , Thursday 29th November 2018

Venue: ALSAA @ 12 noon

(reg at 11:30am)

- U14 1200m. at 12 noon
- U15 2400m
- U16 3600m
- U17. 4800m
- U19 4800m

Age as per July 1st 2019 for all groups, except u19 which is per 1st Jan 2019

8 (or more) per team with 4 scoring athletes for team events and 8 team medals

COST; €20 per team (4 or more)

€3 per individual

Please pay all fees on the day

(Cheques to 'St Joseph's ')

Please acknowledge receipt of this email, and let me know by Nov 28th what teams you are entering

Mark S

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