

# Cork Post Primary Schools Cross Country Challenge Races

## Friday 7<sup>th</sup> December Slieveroe, Riverstick.

Dear Teacher,

Thank you for your Cork Schools Cross Country Challenge entry.

The location will be again at the Cork County AAI Board's cross-country ground at Slieveroe almost 3 miles east of Riverstick and 4 miles southeast of Carrigaline (just off the road to Belgooly - R611). The roads approaching the location are narrow High-viz 'AAI – XC' direction signs will be in place from Riverstick and at the turn off 2 miles from Carrigaline to Belgooly road. There will be **no** direction signs through the Carrigaline town centre. Further information on the location can be found at the Cork Athletics web site at:

<https://www.corkathletics.org/news/723-cork-athletics-riverstick-grounds.html>

Ignore the course map on this site. Up to date information on the course is attached. All teachers unfamiliar with the roads approaching the course would be well advised to check out the travel directions in advance of departure from the school.

Park as directed by the stewards. Buses drivers wishing to drop and go will still have to drive into the venue before off-loading their passengers.

Registration will be located near the containers and portacabins inside the entrance gate. Here you can pay the €3 entry fee for each participating student. **Only schools currently affiliated to the ISAA may compete.** For non-compliant schools affiliation should be completed at registration.

No dressing facilities nor toilets will be available at the venue. Teachers should remind their athletes of this before departure from school on the day.

The course will be a 500m lap (X2 laps) for all Girls races and First Year Boys. The 2<sup>nd</sup>/3<sup>rd</sup> Year and 4<sup>th</sup>/5<sup>th</sup>/6<sup>th</sup> Year Boys will run over a 1000m circuit(X2 and 3 laps respectively). First race at 1:00pm sharp will be the First Year Girls 1000m followed by 2<sup>nd</sup>/3<sup>rd</sup> Year Girls 1000m, 4<sup>th</sup>/5<sup>th</sup>/6<sup>th</sup> Year Girls 1000m, First Year Boys 1000m, 2<sup>nd</sup>/3<sup>rd</sup> Year Boys 2000m and the 4<sup>th</sup>/5<sup>th</sup>/6<sup>th</sup> Year Boys 3000m.

Medals will be presented to the first 10 individuals after they cross the finish line.

Team results should be available very soon after each race and medals can be collected at the finish line. There will be no formal medal presentation ceremony for team winners. The girls' races will have three athletes to score (three to get medals) and the boys' races four athletes to score (four to get medals).

Medals are kindly sponsored by Cork County Board AAI. It is hoped to complete the 6 race programme before 2:15pm.