

South Munster Schools Cross Country Championships

Date: Friday February 1st 2019
Venue: Cork Athletics Board Grounds Slieveroe, Riverstick

Programme:	12:00pm	Minor Girls (U14 on 01/07/2019) 1500m
	12:10pm	Minor Boys (U14 on 01/07/2019) 2000m
	12:25pm	Junior Girls (U15 on 01/07/2019) 2000m
	12:40pm	Junior Boys (U15 on 01/07/2019) 3000m
	12:55pm	Intermediate Girls (U17 on 01/07/2019) 3000m
	1:10pm	Intermediate Boys (U17 on 01/07/2019) 4000m
	1:30pm	Senior Girls (U19 on 01/01/2019) 2500m
	1:40pm	Senior Boys (U19 on 01/01/2019) 5000m

Boys' races: Teams of 8 with 4 to score. Girls' races: Teams of 6 with 3 to score.
Athletes must compete in their own age group. However, a team may be completed by the inclusion of one athlete from the age group immediately below

Holders of perpetual cups should return them to registration. Competitors' numbers available from 11:00am.

The location will be the Cork County AAI Board's cross-country ground at Slieveroe almost 3 miles east of Riverstick and 4 miles southeast of Carrigaline (1 mile 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 on the Belgooly road (R611). 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:

<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.

Registration will be located at the portacabin inside the entrance gate. Here you can pay your team and individual entry fees. **Only schools currently affiliated to the ISAA may compete.**

Limited toilet facilities and no dressing facilities will be available at the venue. Teachers should remind their athletes of this before departure from school on the day.

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

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

**Qualifiers for Munster Championships at Waterford IT Sports Arena Friday 15th Feb:
First 4 teams in each grade and any athlete who finishes in the first 15 in each race.**
