

Munster Schools Athletics Association



Dear Teacher/Coach,

A Cork Secondary Schools Invitational Cross-Country event is planned for **Friday 6th December at Cork IT** in conjunction with Athletics Ireland, the Cork County Board, the South Munster Schools Association and Cork IT. The idea of this event is to increase participation in the sport and allow athletes to try out cross-country running over shorter distances than those to be held in the schools championships after Christmas. Any school interested in competing in the event is asked to e-mail Athletics Ireland Regional Development Officer Steven Macklin at steven@athleticsireland.ie by **Friday 29th November** and specify the number of athletes attending and give a contact e-mail address for the coach/teacher in charge. Please find full details below of the event. **Please note that only schools properly affiliated to the Munster Schools' Athletic Association can take part in this event. The affiliation form can be downloaded from www.munsterschoolsathletics.org**

Cork Schools Invitational Cross-Country Friday 6th December 2013 at Cork IT:

- All schools pay an entry fee of **3 Euro per athlete** on the day at Cork IT, there will be no numbers or pre entries.
- The race distances and order are as follows, run on a 1000m lap course: **1st year girls 1 lap, 2nd/3rd year girls 1 lap, 4th/5th/6th year girls 1 lap, 1st year boys 1 lap, 2nd/3rd year boys 2 laps, 4th/5th/6th year boys 3 laps**. There will be 6 races in total run in the above order with the first race starting at **1.30pm sharp**, with all girls races going 1st then the boys races.
- There will be individual medals for the first ten athletes across the line in each race and the first 3 teams of six athletes in the girl's races and the first 3 teams of eight athletes in the boy's races. The girl's races will have **three athletes to score** and the boy's races **four athletes to score**.

Yours in Sport,

Steven Macklin Athletics Ireland