

3 Whitethorn Dr
Station Rd.,
Blarney,
Co. Cork
8th September 11

Dear Secretary

Cross-Country Championships to be held in Ck na Var for Under 10, 12, 14, 16, 18, on the 2nd of October. The closing date will be the 21st of September 11 for postal entries No entries for 1st competition after 23rd September **Late entries will not be accepted.** St Catherines will host the Under 9, 11, 13, 15, 17, 19 on Sunday 9th of October 11 Closing date for postal entries is 29th of September 11. **Late entries will not be accepted**
B'' competition will be in Ck na Var 30th October 11 Closing date is 20th October 11

Email entries to corkaaicompsec@gmail.com, please include your club name in the subject line.

ENTRIES WITHOUT REG NO. OR DATES OF BIRTH WILL BE RETURNED

Start Time: Juvenile 1.00 p.m.

Entry Fee: 1 Euro per Athlete

Please ensure the following points are adhered to when completing entry forms.

1. Block Capitals must be used.
2. Athletes full name must be used
3. Date of Birth & Reg. Nos. must be filled in.
4. Unregistered athletes cannot take part
5. Entry fee must be forwarded with entries. **NO FEE NO RACE**
6. Club jerseys and footwear must be worn by all athletes.
7. All team changes must be notified to Competition Secretary before race start
8. Athletes must be supervised by Club Officials at all t
9. **U/8 athletes cannot take part in U/9 competition**
10. First four athletes across the line make up the team
11. There is no limit to number of teams to a sheet
12. **Please do not put odd and even age groups on same sheet,**
13. SPECIAL CARE MUST BE TAKEN AS SENIOR RACES ARE ON FIRST
14. **Changes or additions must be sent by post no phone calls or emails please**
15. **Team score sheets must be returned after each race**

I trust In your co-operation with the above and I look forward to another successful Championships.
Thanking you in anticipation,

Yours in Sport,

Mary Meagher