

3 Whitethorn Dr.,  
Station Rd.,  
Blarney,  
Co. Cork.  
Tel. 087-2966298.

Dear Secretary,

Our county championships will be held on 8th & 15th May at C.I.T. track. U/9 to U/19 Girls & Boys will be held on both days with the Hammer and Pole Vault competitions being held after the Discus and Shot Putt competitions in the interest of safety. Not before 1.30 p.m. Each day's competition starts with Relays

Closing date 26<sup>th</sup> April 2010 Postal Entries

Online entries 29th April 2010

Entry fees €1 per event €4.00 per relay team

Late entries are double fee and must be sent by post **no texts or extra emails**

**Email Entries to [corkaaicompsec@gmail.com](mailto:corkaaicompsec@gmail.com)**

**(To receive entry forms email [corkathletics@gmail.com](mailto:corkathletics@gmail.com))**

Please send original entry forms No photocopies

Please also note the following:

1. Athletes not coached in either field events or hurdles should be entered in these competitions.
2. Only competitors and officials will be allowed in the track while competitions are in progress.
3. Pole-vaulters have to supply their own poles.
4. **Athletes born between 2003-99" can only take part in four events plus relay.** There is no limit for all other athletes however they must inform officials if they are leaving one event for another, an athlete should return to the event as soon they are finished. No competition will be held up waiting for the return of same athlete.
5. Athletes should be suitably attired for the events that they are taking part in.
6. **ONLY 5mm SPIKES WILL BE ALLOWED ON THE TRACK.**
7. **Club officials should supervise athletes at all times. This year we have our new stand so please respect it .**
8. **Under no circumstance will footballs, hurleys, tennis rackets, etc. be brought in to the track complex.**
9. All athletes must wear their club colours while competing. A fine of €5 may be imposed for doing so
10. Under no circumstances will entries be taken over the phone, or on the day of competition or will substitutions be made.
11. **All athletes must be registered to compete.**
12. All fees must be sent with the entries. No fee no race or jump or throw
13. Athletes do not have to qualify for Munster Championships
14. Please read the order of events carefully as this may change slightly on the day to facilitate the smooth flow of events.

15. All clubs are asked to name and supply at least two officials to work on both days of the championship. Family members are asked to step aside this year if they have athletes taking part so officials may have to change events from time to time.
16. ***All relay teams must be pre-entered and named including the sub if any.***
17. Subs must be present on the day of competition in order to receive a medal. Declaration forms will be available on the day and must be filled in before check in. Spot checks will be carried out during all competitions.
18. Three teams from county championships qualify for National. Age 12/19 Clubs who qualify & do not wish to take part in national finals should inform the secretary –this gives the next club in line a chance to take part. ***Clubs must take part in County Champs to qualify.***
19. **Athletes born in 2004 may not compete in the championships**
20. POLE VAULT WILL BE HELD FOR GIRLS U/16 –U/19

**Athletes must compete in „A“ championships to take part in the “B” competition  
“B” competition and multi events will be held when a suitable date can be found**

**PLEASE READ COMPETITION BOOKLET SENT BY A.A.I.**

Wishing you and your club the best of luck and a prosperous championship,

Yours in sport,

*Mary Meagher*