

3 Whitethorn Dr
Station Rd.,
Blarney,
Co. Cork,
3rd September 10

Dear Secretary

Enclosed please find entry forms for the forthcoming Cross-Country Championships to be held in Conna for Under 10, 12, 14, 16, 18, on the 3rd of October. The closing date will be the 22nd of September 10 for postal entries. No entries for 1st competition after 24th September. **Late entries will not be accepted.** Carrignavar will host the Under 9, 11, 13, 15, 17, 19 on Sunday 10th of October 10. Closing date for entries is 30th of September 10. **Late entries will not be accepted.** B" competition will be in Carrignavar on 14th November. Closing date 5th November 10

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

Start Time: 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. **€1 CHARGE FOR ALL JUVENILES AT THE GATE TO COVER THE COST OF PROVIDING TOILETS.**
15. **Changes or additions must be sent by post no phone calls or emails please**

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