

Cross country will take place in Renmore Park on Friday the 13th of October 2017

- (Note earlier starting time this year)

Schools championships @ 11:30am

N.B. Could all schools return winning shields from last year

Junior Girls : 11:30 Junior Boys 11:45 Senior Girls: 12:00 Senior Boys: 12:15

There are **four** races in total which are listed below, they will be run in the following order;

- Junior Girls 800m (junior 5th class or lower) 2. Junior Boys 800m (Junior 5th Class or lower)
- Senior Girls 1000m (6th Class) 4. Senior Boys 1000m (6th class)

There is a form on the website to be downloaded and filled in with the competitor's names on it. Please email this to Keithjoyce1@gmail.com

- each school is only allowed a MAXIMUM of 4 children per race
- The team who gets their **four** runners home with the lowest score will be determined the winners of that race.
- the first three competitors to finish the race will receive trophies.
- Not all the names of every child will be taken. The first 80 normally suffices to score winners so please explain this clearly to parents and competing teachers alike.
- The more teachers involved in helping out the easier it is for this event to run so please lend a hand.

Other rules to take note of:

- (1) NO SPIKES OR FOOTBALL BOOTS ALLOWED
- (2) Trophies for the first 3 individuals in each race.
- (3) Team medals for the first team only in each race.

(4) Teams consist of 4 runners with the first 4 finishing to count. Please note that this means that schools may only bring a maximum of 4 athletes per race. No school may enter two teams or enter individuals as well as a team in any one race.

- (5) We do not require team lists in advance but, as is normal in school events, we do trust the teachers to have their teams organised correctly.
- (6) Medals and trophies will be given out after the final race at St. James dressing rooms. This task will be complete when all races are finished.
- (7) We request that people stay and collect their trophies and medals if at all possible.

Committee to help on the day

Keith Joyce
Dónal O Neill
Sean Holian
Timmy Glavey
Muiris MacGearailt
Michael Lydon
Mark O' Boyle
Diarmuid Byrnes
Valerie O Gorman

Yours in sport
Keith Joyce
Holy Trinity Mervue
