

South Munster Schools Cross Country Championships

Date:	Thursday January 30th 2020
Venue:	Tramore Valley Park, Cork City
Programme:	12:00pm Minor Girls (U14 on 01/07/2020) 1500m
	12:10pm Minor Boys (U14 on 01/07/2020) 2000m
	12:25pm Junior Girls (U15 on 01/07/2020) 2000m
	12:40pm Junior Boys (U15 on 01/07/2020) 3000m
	12:55pm Intermediate Girls (U17 on 01/07/2020) 3000m
	1:10pm Intermediate Boys (U17 on 01/07/2020) 4000m
	1:30pm Senior Girls (U19 on 01/01/2020) 2500m**
	1:40pm Senior Boys (U19 on 01/01/2020) 5000m

****Senior Girls will run 3500m at the Irish Schools this year**

Boys' races: Teams of 8 with 4 to score. Girls' races: Teams of 6 with 3 to score.

You may enter more than one team in a race.

Athletes must compete in their own age group. However, a team may be completed by the inclusion of one athlete from the age group immediately below

Holders of perpetual cups should return them to the race office. Competitors' numbers available from 10:30am.

Entry forms are attached. Entries may be emailed (preferred) or posted by **Friday Jan 24th**. The entry fee for teams is €15 and individual fee is €4. (Cheques payable to 'South Munster Schools Athletics').

If entries are emailed payment needs to be made in full on Thursday 30th Jan. at registration. Payment may be made by bank transfer beforehand (make sure your school name appears in the narrative)

Name	South Munster Schools Athletics
Bank	Permanent TSB, Main St., Midleton
Acc Number	27257579
Sort Code	990705
IBAN	IE69 IPBS 99070527257579
BIC	IPBSIE2D

**N.B. All schools must be affiliated to Irish Schools Athletic Association
The closing date for entries is Friday Jan 24th**

*****Late entrants without bib numbers will not appear in the results*****

Entry lists should be sent to:

Mr Liam O'Brien (liamobrien001@hotmail.com)

Gortacru

Midleton

Co. Cork

Qualifiers for Munster Championships at **Clarecastle Co Clare Thursday 13th Feb:
First 4 teams in each grade and any athlete who finishes in the first 15 in each race.**