

2025 South Munster Schools Cross Country Championships Information

Date:	Thursday January 30 th 2025
Venue:	Tramore Valley Park, Kinsale Road, Cork City
Programme:	12:00pm Minor Girls (U14 on 01/07/2025) 1500m
	12:10pm Minor Boys (U14 on 01/07/2025) 2000m
	12:20pm Junior Girls (U15 on 01/07/2025) 2000m
	12:30pm Junior Boys (U15 on 01/07/2025) 3000m
	12:45pm Intermediate Girls (U17 on 01/07/2025) 3000m
	1:00pm Intermediate Boys (U17 on 01/07/2025) 4000m
	1:20pm Senior Girls (U19 on 01/01/2025) 3000m
	1:35pm Senior Boys (U19 on 01/01/2025) 5000m

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

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.

Competitors' numbers will be available at registration room from 11:00am.

Perpetual team cups/trophies should be returned to registration on the day.

The entry link has been sent to school's representatives and entries will only be accepted via the relevant school authority.

Closing date for entries is **Monday January 27th**

The entry fee for teams is €15 and individuals (where there is no team) is €4. (Cheques payable to 'South Munster Schools Athletics').

Entry fees can be paid on the day by cash or cheque. Entry fees not paid on the day will be added to an annual May composite entry fee invoice.

Payment may also be made by bank transfer (make sure the school name appears on 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.

Qualifiers for Munster Championships (Feb 14th at Tramore Valley Park) - : First 4 teams in each grade and any athlete who finishes in the first 15 in their race.

Irish Schools Cross Country Championships take place on the 8th March in Galway