

WEST CORK ATHLETIC BOARD A.A.I.

WEST CORK SCHOOLS CROSS COUNTRY

Tuesday 22nd January 2019 at 11.30am

At Droumleena lawn Dunmanway

Categories

First year Girls 800m

First year Boys 1000m

2ND Years Girls 1000m

2nd Year Boys 1200m

3rd Year Girls 1200m

3rd Year Boys 1500m

4 & 5 Year Girls 1500m

4 & 5 Year boys 2000m

6th Year Girls 2000m

6th Year Boys 2400m

PRIZES

EBS Perpetual Shield for best Boys school and best Girls school

Medals for first , second, and third , in each category

Medals for first three teams

4 to score on a team

Enter as many athletes as you want in any year

contact 0834078424 Declan Coakley

WEST CORK ATHLETIC BOARD

West Cork AAI Board contacts Bill Allen chairman 0872594017, Patrick McSweeney treasurer 0879848950, Declan Coakley 0834078424, Kate Coveney PRO 0876373430,

The West Cork Board A.A.I. is holding its 15TH West Cork schools cross country Tuesday 22nd January 2019, with schools invited from Beara, Bandon, Schull, Skibbereen, Bantry, Dunmanway, Macroom, Ballyvourney, Clonakilty, Rosscarbery, this XC was 1st held in 2004 and except for one year (Clonakilty show grounds) has always been
in Dunmanway

Athletes are to wear shorts and school singlets/shirts if possible to make identification easier , athletes only to compete in their year.

Please confirm that you are taking part by email

coakleydeclan@yahoo.co.uk or text or call 0834078424 Declan

Each school will be issued a reference number and letter on the day
ie A001 B002 And so on , 2 euro per athlete

Team managers coaches should fill in team sheets as soon as possible after each race & hand it to the officials

Race starts and finishes identified by white & black flags

Scoring for the EBS perpetual trophy is 1st =10pts, 2nd= 8pts, 3rd=6pts, 4th=5pts, 5th=4pts, 6th=3pts, 7th=2pts, 8th=1pt (team results only to count)four medals per team, Individual medals will be presented at the end of each race, Team results & presentation will be made as soon as possible after last race, hope to see you all on Tuesday 22nd January 2019 , At showgrounds Dunmanway droumleena lawn,
2 euro per athlete, entry fee,

Yours in sport Declan Coakley