

County Tipperary Athletic Association

Primary Schools Cross Country Championships 2019

1st September 2019

Dear Principal,

The 2019 Primary Schools Cross Country Championships will take place on **THURSDAY 26th September** in **Thurles Crokes Complex, Nenagh Rd., Thurles**. **Entries will be accepted by EMAIL ONLY to tipperaryschoolsathletics@gmail.com on the attached Entry form. Entries close on Friday September 20th 2019**

For the safety of all competitors, we are going to continue to divide our Primary Schools Cross Country Championship into **TWO** sessions. A race for special needs children will be held between the first and second session.

SCHOOLS WILL BE CONFINED TO THEIR OWN CATEGORY. If you are late for your race, your athletes will not be allowed score in any other race.

School Categories: **Mixed Schools Only:** **Extra Small**-55 pupils or less: **Small**-56-85 pupils: **Medium**-86-110 Pupils: **Large**- 111 to 180 Pupils: **Major**-Over 180 Pupils. **Single Gender Schools:** Category will be decided by doubling the Roll Numbers.

Session 1 will start at 10.30am **SHARP** and will include **Extra Small, Small & Medium Schools**.

Proposed Teachers Race & Special Needs race

Session 2 will start at 11.40am approx. and will include **Major & Large Schools**.

All numbers must be collected by 10.15am for 1st Session and 11.15am for 2nd Session. Numbers allocated to each competitor must be strictly adhered to!!!

Any incorrect number used by a competitor will be declared null and void and will not be considered for the result, so please double check that each child has the correct number. In the past, giving out incorrect numbers has caused major delays in the processing of results.

We will use starting stalls to give everybody the same advantage. Please place **your better runners at the front** of your **team**. Results of every race will be available within twenty minutes of race finish and will be posted up at the Clubhouse entrance. **We ask all Schools to collect their medals on the day**. The results will also be posted on www.tipperaryathletics.com

Teams, Scoring System & Prizes

There is no limit on team size or on the number of pupils a school may enter.

For Small and X-Small Schools it is **THREE ATHLETES TO SCORE**.

In all other categories it is **FOUR TO SCORE**.

Medals will be presented to the **First 10 Individuals in each Race** and the scoring members of the first 3 teams.

Entries & Entry Fees:

Entry Fee is €2.00 per Athlete.

Increase in fees is due to increased insurance costs.

Cheques made payable to County Tipperary A.A.I.

For schools that use electronic banking the details are IBAN: IE49BOFI90446477968159

BIC: BOFIE2D

Any School requiring extra medals can contact John Quirke, Jewellers, Cahir 052-7441774.

Have fun with your fitness training. The following link <https://thedailymile.ie/> provides information on The Daily Mile.

The aim of The Daily Mile is simple – we want to get children fit by running for 15 minutes a day. Headteacher, Elaine Wyllie, founded The Daily Mile to tackle the obesity and poor levels of fitness of the children in her school. The great thing is that this daily exercise is not timetabled. Teachers take their classes out at a time of their choosing and it only takes 15 minutes. It's simple – the kids don't get changed, it gets them out of their seats and gives them an opportunity to go outside and socialise within their school community.

We thank you for the support you have given us over the years and look forward to meeting you on 26th Sept.

Yours in sport,

Jim Ryan

Fixture Secretary 0868281969