



Athletic Association of Ireland Tipperary County Board



County Post Primary Schools Cross Country Championships 2019

This year's Cross-Country Championships will be held on **Tuesday 26th November 2019**, at Thurles Crokes Complex, on the Racecourse Road, Thurles, opposite the TRBDI.

The programme will commence at 11.30am.

Programme & Order of events is as follows:

Minor Girls - Under 14 on the 1st July 2020 - 1200 meters
Minor Boys - Under 14 on the 1st July 2020 - 1200 meters
Junior Girls - Under 15 on the 1st July 2020 - 1200 meters
Junior Boys - Under 15 on the 1st July 2020 - 1500 meters
Intermediate Girls - Under 17 on the 1st July 2020 - 1500 meters
Intermediate Boys - Under 17 on the 1st July 2020 - 2000 meters
Senior Girls - Under 19 on the 1st January 2020 - 2000 meters
Senior Boy - Under 19 on the 1st January 2020 - 3000 meters

Individual Awards: Medals will be awarded to the first three individuals in each race.

Scoring Team Awards.: For Boys it is four to score, and for Girls it is three to score.

Medals will be awarded to the scoring members of the first three teams. A set of bronze medals will also be awarded to the fourth team in the Minor, Junior, and Intermediate Boys and Girls races.

A Perpetual Shield will be presented to the best overall Boys and Best Overall Girls school. There will also be a Perpetual Shield for the best combined Girls and Boys School.

The scoring for this is as follows: (if there are 4 teams competing) – 1st Team 5 points, 2nd Team 3 points, 3rd Team 2 points and 4th team 1 point.

Entries & Entry Fees. The entry fee is €2.00 per athlete. There is no team fee and no limit on team size or the number of teams.

The closing date for entries is Friday 22nd November, with entries to be sent to Mr Niall O'Sullivan, Brick, Knocklofty, Clonmel, Co Tipperary.

Entries can be emailed to niallfosullivan1@eircom.net

Cheques made payable to County Tipperary Athletics Board