

Munster Schools Cross Country Championships

Cork IT Thursday February 13th

Final Information

- 1 Parking at Cork IT, as usual during college hours, is very limited. It is hoped to close the lower parking bay near the track until 11am. At that time it will be open on a first come basis.
- 2 Buses will be located at the Leisure World car park. Those in buses should apply a drop and go system if possible.
- 3 Cars should not be parked at Leisure World. There is a very active independent company clamping vehicles belonging to anyone not using the facility. It is possible to legitimately use the car park there by paying a €5 fee at reception.
- 4 Registration will be located at the spectator stand overlooking the GAA pitch. It will be open from 11am. Teachers should ensure that their athletes' wear the correct number assigned to the name and that the number is securely fastened at the front with 4 pins.
- 5 Programmes will be on sale at a cost of €2.
- 6 Refreshments will be available to purchase on site for the duration of the competition.
- 7 The first race commences at 12:30pm. Information on the timetable, distances, number of laps etc is contained in the attached Course Map.
- 8 Medals to the first 6 individuals will be presented to the athletes at the finish. Team presentations will be made immediately after the Senior Boys race in the spectator stand.
- 9 Any runner who finishes in the top 15 individual places and the first 3 teams in each race qualify for the All Ireland which this year is being hosted by Cork IT on Saturday March 8th.
- 10 **Please note that even though the authorities at Cork IT are very supportive of schools cross country at their campus we must be very conscious that many other major sporting fixtures at the grounds have had to be cancelled in recent days. For this reason many adjustments have had to be made to the regular course set up. It is imperative that spectators and athletes keep off all pitches – only the start straight impinges on any pitch. Spectators who wish to be near the course should stay on the roadway or grass bank that adjoins the short lap. The 1000plus spectator stand is available as a base for schools to use as an assembly for their athletes and gear.**
- 11 **Teachers are asked to emphasise to their pupils that dressing rooms, toilets, sinks and showers should be not be used inappropriately. There will be some water hoses available in the tunnel under the stand. These should be used to wash off any excess mud before entering the dressing rooms.**

Any offers of assistance from school personnel (or parents) in helping to steward and run the event would be greatly available. Please email Liam O'Brien (obrienlm@eicom.net) in advance if you can help.

Best of luck to everybody on the day and may the weather gods be on our side.