



**AVIVA**  
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community sport



**Irish Schools'  
Athletics**

# IRISH SCHOOLS CROSS-COUNTRY CHAMPIONSHIP 2013

University of Ulster, Jordanstown, Newtownabbey  
Saturday 9 March 2013

## Timetable of Races

Minor Girls	2,000m	Call Up 11.50	Race 12 noon
Minor Boys	2,500m	Call Up 12.05	Race 12.15
Junior Girls	2,500m	Call Up 12.30	Race 12.40
Junior Boys	3,500m	Call Up 12.50	Race 13.00
Team Presentation	Minor Girls' & Boys' Junior Girls' & Boys'		
Universities Ladies	4,000m	Call Up 13.30	Race 13.20
Inter Girls	3,500m	Call Up 13.30	Race 13.40
Inter Boys	5,000m	Call Up 13.50	Race 14.00
Senior Girls	2,500m	Call Up 14.15	Race 14.25
Senior Boys	6,500m	Call Up 14.30	Race 14.40
Universities Men	8,000m	Call Up 14.50	Race 15.00

- **DIRECTIONS FROM M1 INTO BELFAST TO UNIVERSITY OF ULSTER JORDANSTOWN (Total distance approximately 9 miles)**

**By road**

At the end of the M1 North approaching Belfast continue straight through the Broadway under pass along the A12/Westlink heading to M2

After approximately 1 mile take the left hand side lane for M2, going straight through the traffic lights.

Continue on M2 (N)) and after about 300m move to the 2 right hand side lanes for the M5

Continue on M5 (signs for Whiteabbey / Carrickfergus)

At Shore Rd Roundabout, take the 2nd exit onto A2/Shore Rd heading to Whiteabbey / Carrickfergus

Continue along the dual carriageway to next roundabout, (the one with a tall white spire). Go straight through this roundabout following the A2 / Carrickfergus. It also has a sign for University of Ulster Jordanstown.

Go through Whiteabbey village, including one set of traffic lights where Belfast Lough will be on your right.

At the next set of traffic lights turn left into Jordanstown Rd

After approximately 200 m turn right into University Ulster Jordanstown.

After going through the control barrier turn left towards the car parking.

**The entrance to the registration centre will be at the opposite left hand corner of the car park from where you entered the car park.**

The course will be behind the trees along left side of the car park as you entered it.

**By rail**

From Belfast central station, (the one into which trains from Dublin arrive) get the train towards Larne, making sure it stops at Jordanstown.

The platform for this train is usually alongside the one for the train from Dublin.

Get off the train at Jordanstown, (time about 10 minutes). Leave the platform and turn right down the Jordanstown road. The entrance to the university is about 300m on your left. The time to walk from the station to the university is about 10/15 minutes.

- **Car park** - The car park is free but cars and buses must take a ticket to enter the University and also use this ticket to exit the University. Please obey the UUJ Stewards instructions.
- **Registration** will be in the Sports complex. Registration will start from 10.30 a.m. onwards.
- **Competitor's number** and pins must be collected at registration. Number should be placed on the front with 4 pins. The sheet for name changes, if any, must be completed and returned before leaving the registration area.
- **Toilet and changing facilities** will be available in the Sports Complex.

**Refreshments/Food** - on sale from the local outlets on campus which will be open from 10am – 4 p.m. Entrance to the catering is at the will be at the opposite right hand corner of the car park from where you entered the car park.

- **Changing rooms and showers** will be available - no shoes to be washed in the showers/sinks please.
- **T-Shirts on Sale** - There will be long sleeve event t-shirts on sale for competitors at a cost of £5.00.
- **Individual Presentations:** will take place after each race.  
**Team Presentations:** will take place at the times allocated. The first four at 13.15 and the remainder at the conclusion of the event.
- **Changes in team composition** should be notified by letter, phone or email to the organiser as early as possible but no later than Thursday 7<sup>th</sup> March. It will not be possible to include late changes on the programme. Emergency changes should be handed in at the time of registration. Changes should be in writing and state name, school, date of birth and athlete replacing. **e-mail: rory56@gmail.com**
- **Team Results will be compiled at the finish from the master sheets.**
- **All Athletes in the first 12 for the Junior and Intermediate races must go directly to the 'tent' beside the finish and fill in the availability sheet for international selection.**
- Teachers, athletes and coaches should come prepared for all weather conditions.
- **No litter please.**
- **Rory Friel** **e-mail: rory56@gmail.com**