



Irish Schools' & Universities' Cross Country Championships 2014

**Cork Institute of Technology
Saturday 8th March**

Directions:

From the North and the East: The M8 and the N25 meet at the Jack Lynch Tunnel. Go through the tunnel and stay on the N40 dual carriageway for approximately 13km and turn off at Junction/Exit 2 signed 'Curraheen/Bishopstown'. At the top of the exit ramp take the 3rd turn off the roundabout signed for Bishopstown. Once over the dual carriageway take the 3rd turn off the next roundabout signed Bishopstown /City Centre. Stay on the Curraheen Road heading for the City Centre for approximately 1.5km. You will pass a church on your right and a Centra on you left. Take the next left onto Melbourn Road. After 1 km turn left at the roundabout into the Cork IT campus and follow directions to the parking bays that are adjacent the competition administration stand/dressing rooms.

From the North West: Take the N20 virtually into the city centre and cross the river Lee. Turn left and keep the river to your left until the 4th set of traffic lights where you make a right hand turn onto the N27 South Link Road. Stay on the N27 (a few twists and turns are needed early on) for 3km until you reach a major roundabout with a flyover. Get into the right or 2nd from right hand lane and access the N40 (West). Stay on the N40 for 4km and turn off at Junction/Exit 2 signed Curraheen/Bishopstown. At the top of the exit ramp take the 3rd turn off the roundabout signed for Bishopstown. Once over the dual carriageway take the 3rd turn off the next roundabout signed Bishopstown /City Centre. Stay on the Curraheen Road heading for the City Centre for approximately 1.5km. . You will pass a church on your right and a Centra on you left. Take the next left onto Melbourn Road. After 1 km turn left at the roundabout into the Cork IT campus and follow directions to the parking bays that are adjacent the competition administration stand/dressing rooms.

From the West: The N22 single carriageway meets the N40 dual carriageway at Junction 1. Stay on the N40 until Junction/Exit 2. At the top of the exit ramp go straight though the roundabout taking the 2nd exit. Signed Bishopstown/City Centre. Stay on the Curraheen Road heading for the City Centre for approximately 1.5km. You will pass a church on your right and a Centra on you left. Take the next left onto Melbourn Road. After 1 km turn left at the roundabout into the Cork IT campus and follow directions to the parking bays that are adjacent the competition administration stand/dressing rooms.

Registration: Registration will be upstairs in the GAA pitch stand and will be open from 10:30am. Numbers and pins should be collected here. Numbers are to be clearly visible on the front secured with 4 pins. Any late changes must be notified and recorded on paper before leaving this area.

Changing Rooms: Three male and three female changing rooms with toilet and showering facilities will be available at ground floor level. Shoes are not to be washed in the showers or sinks. Some hoses with running water will be provided in order to wash off any heavy mud. These will be located in the tunnel leading on to the pitch. Additional spectator toilets will be available upstairs in the stand.

Refreshments: Sandwiches/Tea/Coffee will be available on site along with a burger/chip van.

Timetable:

Minor Girls	2,000m	Call Up 11:50am	Race 12 noon
Minor Boys	2,500m	Call Up 12:10pm	Race 12:15pm
Junior Girls	2,500m	Call Up 12:30pm	Race 12:40pm
Junior Boys	3,500m	Call Up 12:50pm	Race 1:00pm
<i>*Presentation</i>	<i>Minor and Junior Team prizes</i>		<i>Stand 1.15pm</i>
University Women	5000m	Call Up 1:10pm	Race 1:20pm
Intermediate Girls	3,500m	Call Up 1:30pm	Race 1:40pm
Intermediate Boys	5,000m	Call Up 1:50pm	Race 2:00pm
Senior Girls	2,500m	Call Up 2:15pm	Race 2:25pm
Senior Boys	6,500m	Call Up 2:30pm	Race 2:40pm
University Men	8,000m	Call Up 2:50pm	Race 3:00pm

International Selection: The first 12 athletes in the junior and intermediate will be required to remain at the finish until they have filled in the availability sheet for international selection. These teams will consist of 8 athletes. Please note that the international qualification date is the 1st September, which differs from that (July 1st) at our championships.

Presentations: Individual championship medals will be presented to the first 6 finishers in each race. Team presentations to the first three teams in the minor girls, minor boys, junior girls and junior boys will be presented after the junior boy's race in the stand. All other team presentations will take place after the senior boy's race.

Results: A full list of results for both the individual and team competitions will be on display upstairs in the stand as soon as possible after each race.

Changes: Any changes should be emailed to Liam O'Brien (obrienlm@eircom.net) up to Thursday 6th March. After that it's best to deal with last minute emergency changes at race registration in Cork IT on the day.

Litter: Teachers are asked to ensure their athletes do not leave litter on the course particularly plastic water bottles. There will be adequate litterbins in and around the spectator stand area.

