

# Glo Health Munster Schools Cross Country Championships Cork IT Thursday February 12<sup>th</sup>

## **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 open from 11am. It will be located either at the usual location upstairs in the spectator stand or else in one of the dressing rooms. Teachers should ensure that their athletes' wear the correct number assigned to the name.
- 5 This year Precision Timing will be providing an electronic results service for each race. The electronic chip will be attached to a flap at the top of the number. **Under no circumstances should this be interfered with. The number should be securely fastened at the front with 2 pins on the sides (not top and bottom) of the number.** Unused numbers should be returned to registration and placed in the box provided.
- 6 Precision Timing (<http://www.precisiontiming.net/results.aspx> ) will be providing a live results service. It is also hoped to have a link directly to the live results through the Munster Schools web site <http://www.munsterschoolsathletics.org/>
- 7 Programmes will be on sale at a cost of €2.
- 8 The first race commences at 12:30pm. Information on timetable, distances, number of laps etc is contained in the attached Course Map.
- 9 Medals for 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.
- 10 Any runner who finishes in the top 15 individual places along with the first 3 teams in each race qualify for the Glo Health All Ireland Championships which this year is being held at Clongowes Wood College Co. Kildare..
- 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@ecom.net](mailto:obrienlm@ecom.net)) in advance if you can help.

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