

EAST MUNSTER SCHOOLS CROSS COUNTRY

DATE : Friday 31st January 2019

VENUE W.I.T. Sports Campus Carriganore

TIME 12.30 SHARP

EVENTS

Minor under 14 on 1st July '20 Girls 1500m, Boys 2000m

Junior under 15 on 1st July '20 Girls 2000m, Boys 3000m

Inter under 17 on 1st July '20 Girls 3000m, Boys 4500m

Senior under 19 on **1st Jan '20** Girls 3000m, Boys 5000m

Teams GIRLS 6 with 3 to score

BOYS 8 with 4 to score

ENTRY FEES E15.00 per team E4.00 per individual

Download entry forms and send as a hard copy to address below or email them to maryasheathletics@gmail.com. I will only accept emailed entries on the excel entry form.

Athletes must compete in their own age group but a team may include one athlete from the age group immediately below

Only athletes from affiliated schools may compete.

Entries to Mary Ashe

10 Meadowlands

Abbeyside

Dungarvan {058 43116}

BEFORE Monday January 27th NO LATE ENTRIES as results are being done on computer.

**Thursday 13th Munster Schools Cross Country Clarecastle Co.
Clare@12.30**

Tues March 3rd Munster Schools Indoors Nenagh

Sat March 7th All Ireland Schools C.C. Santry Dublin

Wed April 29th Waterford Schools T&F RSC Waterford

Tues May 5th Boys East Munsters T&F RSC Templemore

Thurs May 7th Girls East Munsters T&F RSC Waterford

Website www.munsterschoolsathletics.org