

ESAA Schools Cross Country Championships

Saturday 18th March 2017

Norfolk Showground Norwich

Notes for Athletes and Parents

Team Manager: Nicky Holland Exmouth Community College Gipsy Lane Exmouth EX83AF

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Each age group team will also have their own team manager.

Travel

- **All athletes will travel together on the team coach to the event.**
- **Meet: Friday 17th March 9.30am Exeter Moto Services (Coach Parking entrance) 10.00am Tiverton Services J27 M5**
- **Return: Saturday 18th March 11.00pm approx. Exeter Moto Services 11.30pm approx. Tiverton Services** (Athletes should ring home on the return journey for a more accurate time – approximately 1 hour from Bristol)
- Seatbelts **MUST** be worn at all times during the journey

Athletes wishing to return home with parents must indicate this on the reply slip and also inform their team manager when they are leaving Norwich.

Kit : An overnight bag! Athletes will be issued with Devon Schools vest and shorts the evening before the event and which **MUST** be returned to your age group team manager or the kit manager **BEFORE** you leave. It is advisable to bring a change of clothing for after the event; there will be no shower facilities! Do not forget your **safety pins!**

Note the Devon Shorts are **Black** with a **solid vertical white stripe (2 inches/50mm) either side** and if an athlete wishes to wear their own shorts/briefs they **MUST** be in these colours **ONLY** (leggings/Capri $\frac{3}{4}$ length are not allowed). Under armour/Skins/T-Shirts maybe worn but must be in the **Devon colours Red, White or Black**

Accommodation: All athletes will stay together at the **Premier Inn Norwich East** on **Friday 17th March**, in twin rooms sharing with an athlete from their own age group.

Food: You will be provided with breakfast on the Saturday morning. **Friday Evening Meal** - You may wish to bring food and drink with you for the outgoing journey or you may prefer to buy a meal when we stop at a Service Station or at the Premier Inn but beware this maybe expensive. You will also need to make a similar arrangement for the return journey.

Cost: The cost of the event is **£ 85.00** which **must** be returned with the reply slip (cheques made payable to **Devon Schools Athletics Association** please) by **Friday 17th FEBRUARY**. Please note that some schools are willing to reimburse parents some of the expense incurred by having a pupil attending such a prestigious and national event **BUT** please make sure that these arrangements are made before returning the cheque!

Further details regarding the event can be found on www.esaa.net – click on Cross Country!