

ESAA Schools Cross Country Championships

Saturday 16th March 2019

Temple Newsam Leeds

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 and stay at the hotel.** (ESAA regulations)
- **Meet: Friday 15th March 10:00am Exeter Moto Services (Coach Parking entrance) 10.30am Tiverton Services J27 M5**
- **Return: Saturday 16th March 10:30pm approx. Tiverton Services and Exeter Services 11.00pm approx.** (Athletes returning on the coach should ring home for a more accurate time – approximately 1 hour from Bristol – to be picked up)
- 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 **tell** their team manager when they are leaving Temple Newsam, Leeds.*

Kit : An **overnight bag**, “**wellies**”, **WARM** and **WATERPROOF CLOTHING**, (plus at LEAST 9mm up to 15mm – 18mm spikes if you can get them – depending on the course conditions!!), and your own **PLAIN BLACK SHORTS**. Athletes will be issued with a Devon Schools vest which **MUST** be returned to your team manager **BEFORE** you leave. It is advisable to bring a change of clothing plus a towel to “dry” off with as there will be no shower facilities! Do not forget your **8 safety pins**! Please note that leggings/Capri $\frac{3}{4}$ length are not allowed. Under armour/Skins/T-Shirts maybe worn but must be in the **Devon colours of Red, White or Black**.

Accommodation: All athletes will stay together at the **Premier Inn Leeds City West on Friday 15th March**, in twin rooms sharing with an athlete from their own age group.

Food: 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 order a takeaway e.g Dominos – **The restaurant at the Hotel is currently is being refurbished and will NOT be open in time for our stay – It was to have been ready BUT is way behind schedule!** Your breakfast is provided on the **Saturday morning**. Please make sure you have made similar food arrangements for the **return journey** (food, drinks and/or money for a service station stop!) for the return coach journey.

Cost: The cost of the event is **£ 87.00** which **must** be returned with the reply slip (cheques made payable to **Devon Schools Athletics Association** please) by **Wednesday 20th 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!*

Please make sure you go the www.esaa.net – click on Cross Country and also the Useful information “box” – where you will find lots of further details regarding Privacy and Data protection, the taking and use of photos, Anti Doping, travel directions... this site will be regularly updated nearer the event with course maps and race times etc.

