

ESAA Cross County Championships – Sefton Park – Saturday 14th March

FINAL ARRANGEMENTS!

Please meet at **10:00am** at the Devon Base (see Map below “C” – look for the Devon flag!!) where you will be meet your Team Manager to collect your race number and Devon Vest (Please remember your **BLACK** shorts) and then out to walk the course!

Team Managers

Hayley Ratcliffe (Junior Girls) Eve Bates (Inter Girls) Nicky Holland (Senior Girls) Kairn Stone (Junior Boys)
Jaime Ingleby (Inter Boys) Dave Phillips (Senior Boys)

For any Athlete wishing to arrive after this time please can you **email/text** me as soon as possible indicating what time you will be there but please note the course will be closed at midday and parking will be busy around Sefton Park.

PARKING INFORMATION

There is plenty of on street parking surrounding Sefton Park BUT it will be busy and the Park is large so please allow time for this when coming to meet at the Devon Team Base!

CHAMPIONSHIP TIMINGS

- 9.00 a.m. Championship Site Open
- 9.30 a.m. Championship Course Open for Inspection
- 10.00 a.m. Declarations open
- 11.00 a.m. Officials meeting
- 12.00 a.m. Declarations Close and Championship Course should be cleared for a final Inspection.

12.30 p.m.	David Minter Intermediate Girls Championship.	3.8km
	Followed by the Individual Presentation	
1.00 p.m.	David Minter Junior Boys Championship.	3.2km
	Followed by the Individual Presentation	
1.30 p.m.	David Minter Junior Girls Championship.	3.2km
	Followed by the Individual Presentation	
2.00 p.m.	David Minter Intermediate Boys Championship.	5km
	Followed by the Individual Presentation	
2.35 p.m.	David Minter Senior Girls Championship.	4.4km
	Followed by the Individual Presentation	
3.05 p.m.	David Minter Senior Boys Championship.	6km

Presentations

Individual presentations will be made, as each race is completed. This does mean that the individual competitor(s) concerned will be presented with their award BEFORE reporting to the International Room.

Team Race presentations will take place as soon as possible after the race result is confirmed.

Announcements will be made as to when a presentation is imminent.

International Team Selection

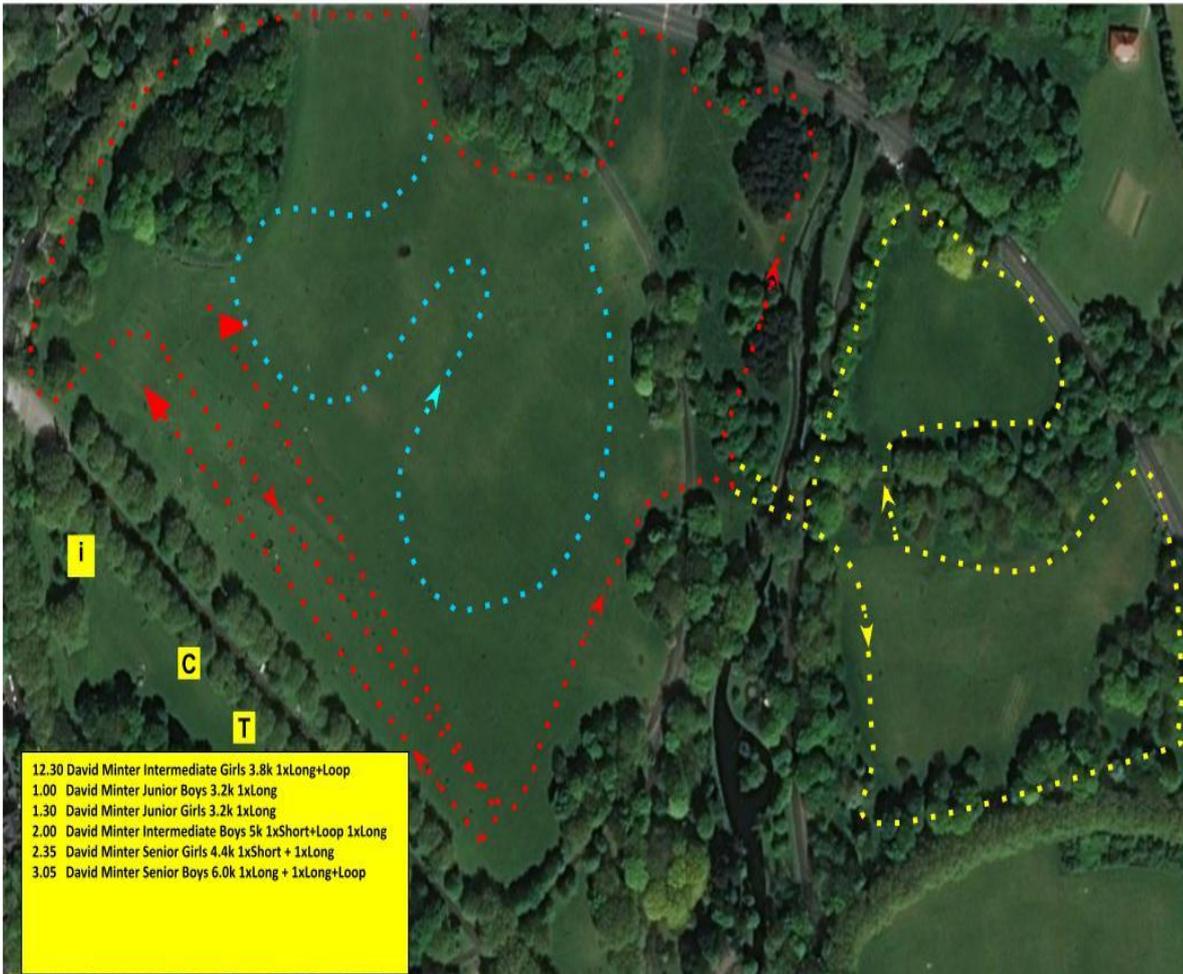
The 10 Athletes invited to represent ENGLISH SCHOOLS' A.A. in the SIAB International on Saturday 21st March in Bangor Wales will be selected from the JUNIOR and INTERMEDIATE age groups. **There is an additional mixed relay race in both the Junior and Intermediate age-group this year, therefore two additional runners will be selected from the Junior and Intermediate boys' and girls' races making it 10 athletes selected to represent England in the SIAB Cross Country.**

The top 12 runners (2 of whom, 11th & 12th placed finishers will be registered as reserves) will be escorted from the finish by ESAA officials to the International Tent.

Once in the International tent there will be a brief team meeting explaining travel details, plus envelopes will be handed out containing all the information required for the international. It is essential that athletes can access a mobile phone in the international tent in order to register their contact details for the International event on 'Google' Forms. Athletes will also collect their international kit.

It is essential that each competitor is accompanied by a parent / adult who can clarify arrangements for the international with the International Team Managers as there are only a few days in which to finalize arrangements for the International.

Course Map:



- 12.30 David Minter Intermediate Girls 3.8k 1xLong+Loop
- 1.00 David Minter Junior Boys 3.2k 1xLong
- 1.30 David Minter Junior Girls 3.2k 1xLong
- 2.00 David Minter Intermediate Boys 5k 1xShort+Loop 1xLong
- 2.35 David Minter Senior Girls 4.4k 1xShort + 1xLong
- 3.05 David Minter Senior Boys 6.0k 1xLong + 1xLong+Loop

i : Enquiries Caravan T : Toilets P:Presentations
 F : First Aid C : Team Tents I : International

•••• short lap •••• loop •••• long lap
 ▶••• start ◀••• Finish