



LONGFORD ATHLETICS CLUB

Dear Principal and Teachers

Last year Longford AC hosted the County Primary Schools' Relays Competition to encourage young children to engage in a healthy outdoor event while competing as part of a school team. Over 450 children from 16 different schools throughout the county participated. The event took place on a Friday evening and despite the number of participants it concluded in less than ninety minutes. The event this year will be hosted by Longford AC in **Clonguish GAA Grounds in Newtownforbes on Friday May 10th. Registration will begin at 5:45pm with the first race at 6.30pm.** Last year some teachers attended with their schools while other schools arranged for parents to organise the pupils on the night.

The details of the 2019 event are outlined below:

Second class to sixth class inclusive can enter teams. Each team must consist of 4 athletes and up to 3 subs. There will be a race for all the subs over the same distance as one leg of the relay i.e. 2nd class girls subs will run a 200m race immediately after the 2nd class girls' race.

All races will be 4 X 200m. Athletes can only run 1 leg of a relay and on 1 relay team

Athletes can move up a class to complete a team i.e. a fifth class pupil can run on a 6th class team. **Schools can enter a maximum of two teams per class** and the registration fee is €2 per athlete.

Schools must complete the attached registration form and bring it along on the evening with the registration fee. A teacher or parent can bring the registration form to the clubhouse and they will be issued with a race number for each team entered.

If you have any questions, please contact me on 087 0694517 or by email at longfordac@gmail.com.

We look forward to seeing you and your pupils at this fun event in Newtownforbes on May 10th

Kind regards,

Paddy Mc Phillips, Club Chairman

REGISTRATION FORM

SCHOOL NAME: _____

No of Teams: _____

Please complete a registration panel for each team entered, eg. Class: 2nd class girls

Class
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Please print additional sheets if you need them.

Longford Primary Schools' Relay Races

Hosted by

Longford Athletic Club

Clonguish GAA Grounds Newtownforbes

Friday May 10th 2019 @ 6.30pm

Programme

5.45pm	Registration in Sports Hall	€2 per athlete
6.30pm	2 nd class girls	4 X 200m
	2 nd class boys	4 X 200m
	3 rd class girls	4 X 200m
	3 rd class boys.	4 X 200m
	4 th class girls	4 X 200m
	4 th class boys	4 X 200m
	5 th class girls	4 X 200m
	5 th class boys	4 X 200m
	6 th class girls	4 X 200m
	6 th class boys	4 X 200m

Each relay race will be followed immediately by the relevant subs race so the 2nd class girls relay will be followed by the 2nd class girls' subs race.

Medals will be presented to the first three teams in each race. Medals also for first three individuals in each subs race. The Ray Flynn Trophy will be presented for the best school based on finishing positions in each race. 1st place 5 pts, 2nd place 3pts, 3rd place 1pt. Only one team from a school can score points in each race.