



LONGFORD ATHLETICS CLUB

Dear Principal,

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 April 28th. 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 2017 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 girls' 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 April 28th

Kind regards,

Paddy Mc Phillips, Club Chairman