



EAST CORK TRACK EVENT 2020 – INFORMATION

Registration:

Any athletes intending to compete need to pre enter where possible through their respective club competitions secretaries. Entries emailed to the Carraig na bhFear A.C. Competition Secretary Ger Foley at Gerfoley5@gmail.com no later than 1800 hrs on the Tuesday before race day giving 48 hrs for the organizers to finalise heats & entry lists.

Only Athletic Ireland registered athletes who's club are affiliated to the East Cork Division may compete.

Any coaches or parents who intend on accompanying athletes need also to register.

Details to be forwarded are:

1. Athlete/coach/ parent name
2. Athletes club
3. Contact phone number.
4. Race or races intending to compete in.
5. Athletes age category

Please if only one parent/guardian accompany athletes it will enable more athletes to compete as total numbers cannot exceed 200 individuals.

Allowing for extra officials & stewards the number of athletes & coaches at any one time on the competition/spectator area will be 175.

Absolutely no entry on the day to anyone who has not pre booked.

Any club sending athletes must appoint a Covid officer to attend to oversee Athletics Ireland guidance is being adhered to.

Any competing athletes have to make themselves familiar with and abide by Athletics Ireland return to competition protocols.

Arrival:

Parking will be on the college grounds in Carrignavar.

Plan to arrive in good time for your race as they will go off on time. Allow time to check in.

Entry on to the competition area:

Only athletes, coaches and officials will be allowed on the competition areas.

A spectator/family area will be marked with good views of both tracks.

A single entry point will be used and only athletes, coaches and parents of underage participants who have pre registered will be allowed in.

If possible please only one parent to accompany athletes.

A physical distancing queuing system will be operated and all entrants will be asked to use hand sanitiser.

An entrance fee of €5 per adult, €3 per juvenile (Under 19) or €10 maximum per family will be charged.

No change can be given on the night so exact money only to be placed in an "honesty bucket" at the check in desk.

Public address:

A public address system will be in operation to call athletes to their races.

Toilet:

A toilet will be available.

Appropriate cleaning products will be provided and all users will be asked to sanitise before & after use.

In competition:

Athletes will be called to a "call room" no sooner than 10 minutes before their race.

Two "call room" areas will be operated. One for the 100m track & another for the 300m track.

Athletes will be assigned heats and brought to the start line only after the previous race has cleared the track.

No blocks will be used for sprints. Three point starts will be encouraged but no time allowed at the start line to instruct / coach younger athletes on the night.

No medals will be awarded on the night.

Medals will be forwarded through the club competition secretaries.

No podium will be used or family photos allowed on the track surface.

Two official photographers will be taking photos and they will be edited & posted on Carraig na bhFear A.C.'s social media platforms after the competition.

After competition:

After an athlete's final competition and having completed their cool down we ask that they leave as soon as practicable.

There will be a separate exit point to the entry.

Food & Drinks:

Athletes/spectators must bring their own refreshments with them. No bins will be provided so all rubbish must be brought home by those that would like to bring a picnic.

Insect advisory:

As this is a grassy area and in autumn evening time, grass flies may be out and about.

It is advisable to bring a blanket or camp chair to sit on and apply repellent to the lower legs if they are uncovered.