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SOUTH WEST SCHOOLS CROSS-COUNTRY CHAMPIONSHIPS
KING'S PARK, BOURNEMOUTH BH7 6JD
SATURDAY FEBRUARY 8TH 2020

Dear athlete,

Congratulations on your selection for this event. **Please complete and return the confirmation, consent and kit requirements as soon as possible** (see below). Keep this first page safe, as it contains important information about the event.

Transport: All athletes must travel on one of the team coaches, which will depart from:

- 07.30 Gordano Services
- 07.45 Parkway Station
- 08.15 Avon Street, Bath

Cost: The event cost will be **£20** per athlete, to cover event entry fees and transport. You can either:

- pay **online**, to Avon Schools AA, sort 40-17-32, account 71194836 (please quote athletes' name as ref.);
- or **post** a cheque ('Avon Schools AA') to Jim Strudwick, 8 Chevening Close, Stoke Gifford, BS34 8NJ.

Please remember to include the cost of kit bought (see below).

Kit: All runners must wear county vest and, if possible, county shorts. Kit is available to buy or borrow ([see below](#)). Navy or black shorts or cycling shorts may be worn instead of county shorts, but only at these championships.

Please check the weather forecast before packing. You will also need to have a waterproof coat (and trousers if possible) and warm clothing (including spare socks) for before and after the event. It is essential that you stay warm and dry if you are to perform well. Please check that you have shoes, preferably long enough spikes, to cope with muddy conditions.

Please also bring spare, warm kit to put on after your race, pins for your number and come ready to run.

Food & Drink: You will need to take a packed lunch and a drink in a non-breakable bottle, but do remember to ensure that you leave at least two hours between eating and your race.

Timetable: Provisional times are:

1.30pm	Senior Boys	1.55pm	Senior Girls	2.40pm	Junior Girls	3.20pm	Inter Girls
1.31pm	Year 7 Girls	2.20pm	Year 7 Boys	3.00pm	Junior Boys	3.40pm	Inter Boys

We expect full details to be posted on the Dorset Schools Athletics website.

Athletes may return home with their parents after the last event, provided that they tell their team manager.

Medical Clearance: There may be anti-doping drug testing at this event. Please keep a note of any medicine (whether prescribed or over the counter remedies) taken in the 7 days leading up to this event. You do not need to give this to anyone, unless selected for drug testing. A team manager will always accompany any athlete selected for testing. Athletes who expect to compete at an international level should check whether they need a full Therapeutic Use Exemption (see the TUE page of the UK Athletics website).

On your confirmation and consent return we only need to know of any condition which might present a problem on the day, for example should you need medical treatment (e.g. intolerance to drugs).

Confirmation to compete, consent and kit form

We are again using email to confirm athletes' availability and kit requirements. **There is a link on the website which should generate a preformatted email for you to complete.** Should that not work, please copy and paste the following into an email, completing / deleting items as applicable

To: manager.cc@avonschoolsathletics.org.uk

Subject: South West Schools Cross-Country Confirmation & Kit

Athlete's NAME:

Athlete's Date of Birth:

I have the following allergies/intolerance to drugs:

I will join the coach at: GORDANO SERVICES / PARKWAY STATION / AVON STREET BATH

I will return home: BY COACH / WITH PARENT

IMPORTANT Parent/guardian please enter your name below to confirm

'I consent to the above-named athlete to attend the South West Schools Cross-Country Championships, and vest in the Avon Schools Team Managers the power to act in loco parentis at all times. In the case of injury or sudden illness, and the managers are unable to contact me immediately the need arises, I permit them to authorise medical treatment, including submission to an operation and administration of anaesthetic.'

NAME (Parent or Guardian):

Parent's MOBILE phone number:

I wish to BUY (delete those not applicable):

Vest / Classic shorts / Lycra shorts / Hoody

Sizes (for each):

I wish to BORROW (delete those not applicable):

Vest / Classic shorts / Lycra shorts

Sizes (for each):

PAYMENT (see letter)

Total due including £20 match fees is: £

I am paying: ONLINE / posting a CHEQUE

County Vests and shorts are available to buy (price as indicated) or borrow (for free):

Vest (£12.50) Sizes: Small, Medium, Large

Classic Shorts (£12.50) Sizes: Small, Medium, Large

Lycra Shorts (£16.50) Sizes: Small, Medium, Large

County Hoodies are available to purchase only:

Hoodies (£18.00) Sizes: Small (up to 38 inches/97 cm), Medium (up to 42 inches/107cm),
Large (up to 46 inches/118cm)

Kit will be handed out on the coach. Please return borrowed kit before returning home.