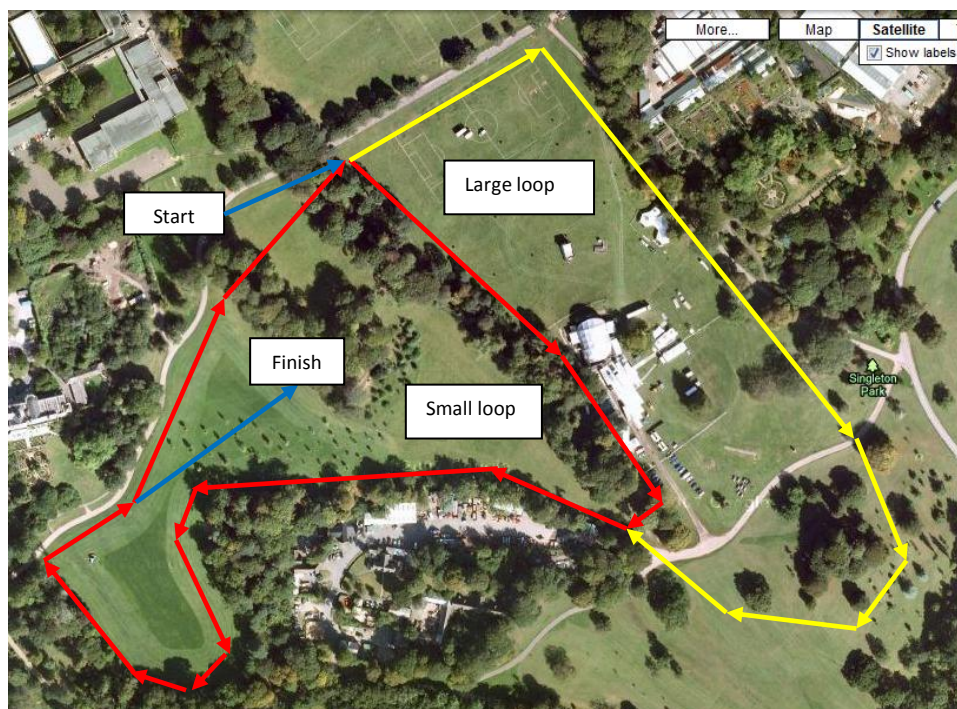


Afan Nedd Tawe Schools Cross Country County Trial

Tuesday 31st January 2012 @ Singleton Park @ 2pm



TIMETABLE

2.00pm Year 7 Girls	2 small loops	2282m
2.10pm Year 7 Boys	1 small & 1 large loop	2652m
2.20pm Year 8 & 9 Girls	1 small & 1 large loop	2652m
2.30pm Year 8 & 9 Boys	2 large loops	3022m
2.40pm Year 10, 11, 12 & 13 Girls	2 large loops	3022m
2.50pm Year 10, 11, 12 & 13 Boys	3 large loops	4595m

SCHOOLS & COLLEGES

St JOSEPH'S	GLANAFAN	BISHOPSTON	BISHOP VAUGHAN	DYFFRYN
SANDFIELDS	BISHOPGORE	OLCHFA	CEFN SAESON	LLANGATWG
PENYRHEOL	GWYR	DWR-Y-FELIN	N.P.T. COLLEGE	GOWERTON
DANIEL JAMES	CEFN HENGOED	MORRISTON	DYLAN THOMAS	PONTARDDULAIS
CWMTAWE	BIRCHGROVE	BRYNTAWE	PENTREHAFOD	YSTALYFERA
CWRT SART	GOWER COLLEGE	CYMYR AFAN	FFYNONE	

RULES & INFORMATION

1. Schools and colleges taking part must be affiliated to the County Association.
2. **No athlete is allowed to compete unless accompanied by a member of staff.**
3. Only athletes from affiliated schools will be selected for county teams.
4. The assistance of staff in officiating at the fixtures would be welcomed.
5. The 2012 County Trial is an open event therefore it is not necessary for individuals and school teams to have competed in any of the league fixtures to be eligible to compete on 31st January.
6. Results of the final form the basis for selection of the Afan Nedd Tawe team for the Welsh Schools Cross Country Championships.
7. There will be medals presented to the top 3 individuals in each race.
8. Toilets and changing facilities are available in Bishopgore School.

HEALTH & SAFETY

Athletes are advised that Health and Safety regulations recommend that you should examine the course for potential hazards before competing. The course has been checked by the organisers and a risk assessment conducted. The Race Referee has inspected the course and declared it suitable for use. Any competitor who has concerns about a safety aspect on the course should bring it to the attention of the organisers and/or the Referee immediately. If the issue cannot be resolved satisfactorily the competitor will be advised not to participate in the event.

FIRST AID

First Aid cover is available on site. Any situation arising that requires First Aid treatment anywhere on the course must be reported immediately to First Aid Personnel. All participants are reminded of their duty of care for each other. If you suspect that someone, athlete or spectator, is in need of medical assistance you must act appropriately.