

# **INSTRUCTIONS TO ATHLETES SW SCHOOLS EXETER ON SATURDAY 18TH JUNE 11.30AM.**

**TRANSPORT** will be by coach leaving Kingsley Village (A30) Saturday 18<sup>th</sup> June at 8.00am and returning c.9.00 pm Saturday.

**CONTRIBUTION FEE** will be £25.00. This should be sent to me via your PE Teacher no later than Friday 17<sup>th</sup> June. You could bring the money with you. Please talk to your school about this even if you are out on study leave.

## **ATHLETICS STRIP:**

- a) necessary footwear, correct spikes, track & all run ups tartan 6mm spikes, javelin 9mm.
- b) holdall for all equipment
- c) food for the journey and the day.

## **COUNTY ATHLETIC STRIP WILL BE PROVIDED SATURDAY AT EXETER.**

If, however you prefer to wear your own **PLAIN BLACK ATHLETIC** shorts/briefs on this occasion, this is acceptable. County hoodies will be available for sale at £25.

## **PLEASE REPORT TO MISS PEARSON ON THE COACH AT THE FOLLOWING TIMES:**

### **PICK UP / DROP OFF POINTS.                      PICK UP.                      DROP OFF.**

Kingsley Village (front entrance) A30	7.45 am	c.9.00 pm
Launceston (Pennygillam turn off A388	8.25 am	c.8.30 pm

Arrive Exeter 10.00 am    Leave c. 6.00 pm

Please contact me only if there are any points that are not clear.

## **PLEASE DO YOUR BEST TO TRY TO IMPROVE YOUR PERFORMANCE.**

**REMEMBER** we will be selecting the **COUNTY TEAM on Sunday 19<sup>th</sup> June** to travel to Gateshead for the All England Schools 1<sup>st</sup> / 2<sup>nd</sup> July. (Travel will be 30<sup>th</sup> June return 3<sup>rd</sup> July.)

**ONLY THOSE ATHLETES** who have achieved **NATIONAL ENTRY STANDARD** will be considered. Team managers will be able to give you this information.

## **GOOD LUCK!**

Miss M.Pearson. 3, Station Hill, Praze an Beeble, Camborne TR14 0JT.  
Tel 01209 831664 Mob 07564 196866