



**Athletics Leinster**

**Cross Country Booklet 2018**

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**Cross Country**

**Championship Booklet**

**2018**

Juvenile Relays, Intermediate & Master Championships

**Contact**

**Leinster Cross Country Secretary**

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<b>2018 Athletics Leinster Cross Country Programme</b>			
<b>Date</b>	<b>Start Time</b>	<b>Age Category</b>	<b>Venue</b>
<b>Day 1 – Hosted by Mullingar Harriers AC</b>			
14 <sup>th</sup> January, 2018	12:00 Noon	Juvenile Relays, Intermediate & Masters Event	Dunboyne Co Meath

**Closing Date: - (All entries are online – No late Entries)**

Juvenile Relays – 10<sup>th</sup> January, 2018

Intermediate and Master Championship – 7<sup>th</sup> January, 2018

**2018 Age Groups**

1. Age categories calculated from 31<sup>st</sup> December in the year of competition.
2. No athlete may obtain a birthday in the year of competition and compete in that age.
3. Age Categories ie Under for 2018 apply to all Leinster Juvenile competition in this booklet
- 4.

**Age 11 Born 2008**

**Age 12 Born 2007**

**Age 13 Born 2006**

**Age 14 Born 2005**

**Age 15 Born 2004**

**Age 16 Born 2003**

**Age 17 Born 2002**

**Age 18 Born 2001**

**Age 19 Born 2000**

**Age 20 Born 1999**



**Cross Country Entry Fees**

**Juvenile:**

Individual	3.50 Euro
Club Team	25.00 Euro
County Team	30.00 Euro
Juvenile Relay Team	15.00 Euro

**Novice, Senior, Junior, Intermediate & Master:**

Individual	6.00 Euro
Club Team	25.00 Euro
County Team	30.00 Euro

**Gate Admission:**

**€5.00 Euro P/P – Please have money ready for collection to ensure no delays for parking and your athletes.**

**Online Entry Only – No paper entries**

**All entries via link which is available on the Athletics Leinster website and Facebook page.**

**[www.athleticsleinster.org](http://www.athleticsleinster.org)**



**Payment Options – Online by Credit/Debit Card**

**Entries are not complete until payment has been received.**

**Entry & Competition Rules**

**Current Athletics Ireland Registration is mandatory for all athletes.**

**LEINSTER NOVICE**

**(Cross Country and Road are treated as separate identities)**

**Eligibility:** 1. An athlete who has no individual medal 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> from any Provincial or National Cross Country.

**Age Categories Cross Country**

- Juvenile Ages: Under 11-18. An athlete can compete in their own age group and one age group up ie an U11 can also compete at U12 event but not U13.
- Novice Athletes must be aged 19 years or over on the 31st December in the year of competition.
- Junior Athletes
  1. do **not** break their Novice status in any of the above
  2. must be aged 16 years and under 20 years on the 31st December in the year of competition.
- Intermediate Athletes must be aged 20 years or over on the 31st December in the year of competition.
- Masters commencing at O/35 for both men and women, an athlete becomes a master on his or her 35th Birthday.
- Senior Athletes 18 years and over on 31st December in the year of competition.
- **ALL INDIVIDUAL athletes must be entered by the club**
- All athletes must be **registered with AAI.**
- U16 athletes will not be eligible to run in Junior age category
- Club singlets must be worn
- First three teams receive medals
- A sub must be declared and present to receive a medal (**cross country juvenile relays – 4 to compete with up to 2 subs per team**)



**Cross Country Juvenile Relays**

<b>Distance</b>	<b>Female</b>	<b>Male</b>	<b>Distance</b>
<b>4 x 250m</b>	<b>12</b>	<b>12</b>	<b>4 x 250m</b>
<b>4 x 500m</b>	<b>14</b>	<b>14</b>	<b>4 X 500m</b>
<b>4 x 500m</b>	<b>16</b>	<b>16</b>	<b>4 x 500m</b>

**2018 Cross Country Distances**

<b>Distance</b>	<b>Female</b>	<b>Male</b>	<b>Distance</b>
1500m	11	11	1500m
2000m	12	12	2000m
2500m	13	13	2500m
3000m	14	14	3000m
3500m	15	15	3500m
4000m	16	16	4000m
4000m	17	17	5000m
4000m	Jun inc. U18, U20	Jun inc. U18, U20	6000m
4000m	Novice	Novice	6000m
4000m	Intermediate	Intermediate	8000m
5000m	Senior	Senior	10000m
4000m	Masters	Masters	6000m

**Club Teams Scoring**

<b>Enter</b>	<b>Scoring</b>	<b>Age Category</b>	<b>Category</b>
8	4	11	Boys & Girls
8	4	12	Boys & Girls
8	4	13	Boys & Girls
8	4	14	Boys & Girls
8	4	15	Boys & Girls
8	4	16	Boys & Girls
8	4	17	Boys & Girls
8	4	Jun inc. U18, U20	Male & Female
10	4	Novice	Men & Women
10	4	Intermediate	Men & Women
10	4	Senior	Men & Women
10	4	Masters	Men
10	3	Masters +50	Men
10	3	Masters	Women
10	3	Masters +50	Women



**PLEASE NOTE:** There are **two** options available to the County Sec. for entering County Teams.

### County Teams Scoring – Option #1

By selecting Option #1, each County Sec. must complete online entry and list the name of each athlete on the team. Only athletes named at time of entry will score for team places at the Championships.

### No changes on the day to named county teams

If the 'County Team Entry Form' is **NOT** completed online all athletes within a County are **automatically** categorised as Option #2, below provided the County has entered a non-declared team online and paid the appropriate fee.

Enter	Scoring	Age Category	Category
15	6	11	Boys & Girls
15	6	12	Boys & Girls
15	6	13	Boys & Girls
15	6	14	Boys & Girls
15	6	15	Boys & Girls
15	6	16	Boys & Girls
15	6	17	Boys & Girls
15	6	18	Boys & Girls
15	4	Junior	Women
15	4	Junior	Men
15	4	Novice	Women
15	6	Novice	Men
15	4	Intermediate	Women
15	6	Intermediate	Men
15	4	Senior	Women
15	6	Senior	Men
15	3	Masters	Women
15	4	Masters	Men

**County Teams Scoring – Option #2** all club entries are eligible for county, provided club has entered athletes. Counties opting for this choice must ensure that clubs have entered athletes. County secretary to choose Non Declared County Team entry online and pay the appropriate fee.



**Cross Country AWARDS**

**Juvenile, U11 – U18**

*Championship medals to top*

- 12 Individuals in each category
- 3 Club Teams in each category
- 3 County Teams in each category
- 3 Relay Teams in each category

**Junior, Intermediate, Novice & Senior**

*Championship medals to top*

- 3 Individuals in each category
- 3 Club Teams in each category
- 3 County Teams in each category

**Masters**

*Championship medals to top*

- 3 individuals in each category O/35/40/45/50 .....
- 3 Men's Club Teams in combined category O/35/40/45
- 3 Men's Club Teams in combined category O/50+
- 3 Women's Club Teams in combined category O35/O40/O45
- 3 Women's Club Teams, all categories combined O50+
- 3 Men's County Teams in combined category O/35/40/45
- 3 Men's County Teams in combined category O/50+
- 3 Women's County Teams in combined category O/50+
- 3 Women's County Teams, in categories combined O/35/40/45

*Note: O/50+ male & female athletes may compete in the O/35/40/45 club/county teams, but not vice-versa. Option #1 County Teams, all athletes regardless of category must be named by the County Sec.*



## Athletics Leinster

### Cross Country Booklet 2018

<b>2017 Leinster Officers (AGM February 2018)</b>	
Chair	Jim Corcoran
Vice Chair	Pat Hooper
Secretary & Registrar	Mary Dwyer
Treasurer	Philip Cogavin
Assistant Treasurer	Frank Kilrane
Outdoor Track & Field Competition Secretary	Nicola Welsh
Road & Cross Country Secretary	Catriona Duffy
Indoor Secretary	Andrew Lynam
Coaching & Development Officer	Fintan Reilly