



**Athletics Leinster**  
**Cross Country Booklet 2018**

**Athletics Leinster**  
**Cross Country**  
**Championship Booklet**  
**2018**

**Contact**

**Athletics Leinster Road and Cross Country Secretary**

**Catriona Duffy**

**[athleticsleinsterxcsec@gmail.com](mailto:athleticsleinsterxcsec@gmail.com)**



2018 Athletics Leinster Cross Country Programme			
Date	Start Time	Age Category	Venue
<b>Day 2 – Hosted by Meath County Board</b>			
October 27 <sup>th</sup> 2018	12:00 Noon	Even Ages, Junior & Novice	Navan Adventure Sports Navan Racecourse Proudstown Road Navan, Co Meath
<b>Day 3 – Hosted by Adamstown AC and Wexford County Board</b>			
November 11 <sup>th</sup> 2018	12:00 Noon	Uneven Ages & Senior	Adamstown, Co Wexford

**Note: Day 1 2019** – Juvenile Relays, Intermediate & Master Cross Country 13<sup>th</sup> January, 2019 – venue to be confirmed.

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

Even, Junior & Novice – 21<sup>st</sup> October, 2018

Uneven & Senior – 4<sup>th</sup> November, 2018 – note the **U19 event** will be the first event of Day 3, and starts at 12:00 noon.

**2018 Age Groups**

1. Age categories calculated from 31st 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 for 2018 apply to all Leinster Juvenile competition in this booklet

**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**

**Individual**

Individual U11 - U16	4.00 Euro
Individual U17 – U19	5.00 Euro
Junior	6.00 Euro
Novice	8.00 Euro
Senior & Intermediate	8.00 Euro
Masters	10.00 Euro

**Teams:**

Club Team	25.00 Euro
County Team	30.00 Euro

**Please note all fees are plus transaction charge of 4%.**

**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 – Payment by Credit/Debit Card**

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

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

If in exceptional circumstances a late entry is accepted the fee will be double the fees advertised above.

Online Entries Close – 21<sup>st</sup> October, 2018 for Even Ages, Junior & Novice

Online Entries Close – 4<sup>th</sup> November, 2018 for Uneven Ages & Senior



**Entry & Competition Rules**

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

**LEINSTER NOVICE / INTERMEDIATE**

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

**Eligibility:** 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 11-19. An athlete can compete in their own age group and one age group up i.e. an U11 can also compete at U12 event but not U13. Please note an U10 athlete (non-championship age category) can compete in an U11 event.
- **U18/Junior Combined Race** – updated rules from **2017 AGM**  
Scoring in the event is as follows:
  - The first three across the line are placed 1st, 2nd, and 3rd Juniors.
  - The first twelve U18 athletes (even if they also place as Juniors), are placed 1–12 at U18.
  - Junior results will be listed containing the names of all athletes who entered as Juniors.
  - Athletes **MUST** enter for both events.
  - When a Junior race is held in conjunction with a Juvenile Age group event, athletes can score on both teams, as long as they have entered into both events.
- **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.**
- If a county is entering **undeclared teams** – clubs need to ensure they have all athletes registered. Liaise with County Secretary as necessary.



**Only athletes who are officially entered, and have a valid race number, are permitted to run. Passing on of numbers is not allowed. Any athlete found to have competed with another athlete's number will not be recorded in results, and risks the disqualification of team mates/other club athletes, and disqualification from future Athletics Leinster Championship events.**

#### **Start Area, Finish Area, Cross Country Course and Medal Presentation Area –**

These areas are for officials and athletes only. COACHES AND PARENTS ARE STRICTLY NOT ALLOWED in these areas at any time. Those found to be in violation of this guideline risk disqualification of their athletes, and possibly their club. Please stay outside of the perimeter ropes around the course and other areas mentioned at all times.

#### **Photography**

In line with the recommendation in Athletics Ireland's Code of Conduct, Leinster Athletics requests that anybody engaging in any video, zoom or close-range photography must register their details with Catriona Duffy, Athletics Leinster Road and Cross Country Secretary prior to commencing. Children must not be photographed or filmed without their permission, and/or the permission of their parent/ guardian.

#### **Athletics Leinster Appeals Procedure**

Any appeal in the first instance shall be presented in writing to either the competition manager or track referee as appropriate within 15 minutes of the finish of the event.

Appeals will only be accepted when presented by a competent club official, citing the basis for the appeal and any backup evidence. If the initial appeal is unsatisfactory, the decision may then be appealed to a Jury of Appeal, accompanied by a fee of €20.00 (refundable in the case of a successful appeal). This appeal must be presented on Official Appeals form, available upon request at 'Check-In', within 20 minutes of the outcome of the initial appeal.

The Jury of Appeal shall, in the first instance, be comprised of the Leinster Chairperson, the Leinster Road and Cross Country Secretary, and the Track Referee on the day. In the case of a conflict of interest on any matter an alternate shall replace the conflicted member(s) for the determination of that issue. In the event that any member/alternate of first instance is unavailable on the day of competition they may be substituted by the Leinster Vice-Chairman, the Leinster Treasurer or such other Leinster Officers as are present on the day, as appropriate.

All appeals will be dealt with on the day. The ruling of the Jury of Appeal shall be final.



## **Athletics Leinster**

### **Cross Country Booklet 2018**

**Respect** – Athletics Leinster Officials and Club Officials are the lifeblood of the smooth and efficient running of our events and Championships. They must be shown respect at all times. Any appeals or grievances must be brought through the proper appeals procedure.

Athletics Leinster is committed to providing a safe and healthy environment for its officials to work in.

Verbal or physical abuse toward officials will not be tolerated under any circumstances

If you display such behaviour you will be asked to leave immediately, and your actions will be reported.



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**Appeals Form**

<b>Date:</b>	<b>Time:</b>
<b>Athlete Name:</b>	
<b>Club:</b>	
<b>Event:</b>	
<b>Details</b>	
<b>Club Official:</b>	<b>Role:</b>
Appeal Fee 20€ (refundable in the case of a successful appeal)	

Please direct any queries to the Athletics Leinster Road and Cross Country Secretary  
Catriona Duffy by email at [athleticsleinsterxcsec@gmail.com](mailto:athleticsleinsterxcsec@gmail.com)



**2018 Cross Country Distances**

Distance	Female	Male	Distance
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	U18, U19, Junior	U18, U19, Junior	6000m
4000m	Novice	Novice	6000m
4000m	Intermediate	Intermediate	8000m
5000m	Senior	Senior	10000m
4000m	Masters	Masters	6000m

**Club Teams Scoring**

Enter	Scoring	Age Category	Category
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
8	3	U19	Female
8	4	U19	Male
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.

Declared Team - 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

Undeclared Team - County Sec. selects this option online and all athletes within a County are **automatically** categorised as being on the County Team provided that they have already been entered by their club. If not entered by their club the athlete cannot compete as no number and therefore not entered. No on the day team declarations.

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	3	19	Female
15	4	19	Male
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



## **Cross Country Awards**

### **Juvenile, U11 – U19**

*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 O/50+
- 3 Women's Club Teams, all categories combined
- 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, all categories combined

*Note: O/55+ male & female athletes may compete in the O/35/40/45/50 club/county teams, but not vice-versa. Declared County Teams, all athletes regardless of category must be named by the County Sec.*



## Athletics Leinster

### Cross Country Booklet 2018

<b>2018 Leinster Officers</b>	
Chair	Philip Cogavin
Vice Chair	Pat Hooper
Secretary & Registrar	Larry Dunne
Treasurer	Frank Kilrane
Assistant Treasurer	Mary Dwyer
Outdoor Track & Field Competition Secretary	James Welsh
Road & Cross Country	Catriona Duffy
Indoor Secretary	Andrew Lynam
Coaching & Development Officer	Fintan Reilly