

# Athletics Louth Cross Country Championships 2018

## **Novice and Even Age Juvenile Championships**

**7th October** (Entry Closing Date 03<sup>rd</sup> October 2018)

**Venue: Darver (Hosted by St Peter's AC)**

- 11:00 Novice Ladies (3,000m)
- 11:20 Novice Men (6,000m)
- 12:00 Juvenile championship programme (U10, U12, 14, 16, 18)

## **Intermediate and Uneven Age Juvenile Championships**

**14th October** (Entry Closing Date 10<sup>th</sup> October)

**Venue: DKIT (Hosted by NER)**

- 11:00 Intermediate Ladies (4,000m)
- 11:25 Intermediate Men (8,000m)
- 12:15 Juvenile championship programme (U9, U11, 13, 15, 17, 19)

## **Senior and Junior Championships**

**Date: 4<sup>th</sup> November** (Entries preferably by 31st October, no pre-entries for Relays)

**Venue: Newtownstalaban, Drogheda (Hosted by Drogheda & District AC)**

- 11:00 Juvenile 4x 500m relays (U10, 12, 14, 16)
- 12:00 Senior Ladies/Junior Ladies (6,000m/4,000m)
- 12:40 Senior Men/Junior Men (10,000m/5,000m)

## **Master Championships**

**Date: 2nd December** (Entries preferably 28<sup>th</sup> November)

**Venue: TBC**

- 12:00 Master Women (3,000m)
- 12:20 Master Men (5,000m)

# Entries

Entries to be submitted by email by the closing date on the relevant form to Simon Allen(simonglobaltyres@gmail.com)

## Fees:

### Juveniles

- €2 per individual competing
- plus
- €4 per team entry

### Juniors/Novice /Intermediate/Seniors/Masters

- €2 per individual competing
- plus
- €6 per team of 3 / €8 per team of 4 / €12 per team of 6

### Cross Country Relays

- €2 per team

To pay please send cheque to the treasurer

Catherine Muckian  
4 Kelso Terrace  
St. Mary's Rd  
Dundalk  
Co. Louth

## Age Groups, Distances, Individual Placings & Team Composition

Age Gp	Year	Girls			Boys		
		Distance (m)	Individual placings	# on team	Distance (m)	Individual placings	# on team
Age 9	Born 2010	600	10	No Team	600	10	No Team
Age 10	Born 2009	800	3	4	800	3	4
Age 11	Born 2008	1,500	3	4	1,500	3	4
Age 12	Born 2007	2,000	3	4	2,000	3	4
Age 13	Born 2006	2,500	3	4	2,500	3	4
Age 14	Born 2005	3,000	3	4	3,000	3	4
Age 15	Born 2004	3,500	3	3	3,500	3	3
Age 16	Born 2003	4,000	3	3	4,000	3	3
Age 17	Born 2002	4,000	3	3	5,000	3	3
Age 18	Born 2001	4,000	3	3	6,000	3	3
Age 19	Born 2000	4,000	3	3	6,000	3	3

## Categories, Distances, Individual Placings & Team Composition

Category	Year	Women			Men		
		Distance (m)	Individual placings	# on team	Distance (m)	Individual placings	# on team
Novice		3,000	3	4	6,000	3	4
Intermediate		4,000	3	4	8,000	3	4
Junior		4,000	3	3	5,000	3	3
Senior		6,000	3	4	10,000	3	6
Masters		3,000	3 (in each of O35, O40, O45, O50, O55, O60,..... categories)	4 on O35 teams, 3 on O50 teams	5,000	3 (in each of O35, O40, O45, O50, O55, O60,..... categories)	4 on O35 teams, 3 on O50 teams

## Competition Rules

- Club colours must be worn at all inter club championship events. This to be enforced by the participating clubs.
  
- All competing athletes in championship events must be registered with the AAI in the year of competition.
  
- Juvenile Ages under 9- 19
  
- Junior athletes must be aged 16 years and under 20 years on the 31st December in the year of competition
  
- Novice Athletes must be aged 19 years or over on the 31st December in the year of competition
  
- Intermediate Athletes must be 20 years of age on 31st December in the year of competition
  
- Masters commencing at 0/35 for both men and women, an athlete becomes a master on his or her 35th birth date
  
- An athlete must be 18 years or over to compete in Senior Cross Country
  
- In the event that a club can enter 2 teams in a juvenile age group the names of the athletes on each team must be declared in advance of the event.

# Louth Novice & Intermediate Definitions

Cross Country and Road are treated as separate identities

## Cross Country Novice

- An athlete who was a winner of a County Novice, Intermediate or Senior Cross County Championship title prior to 2012 is ineligible.
- An athlete who has an individual medal (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>) from 2012 Championships and onwards in the county Novice , Intermediate or Senior County Cross Country Championships is ineligible.
- An athlete who has an individual medal (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>) from any Provincial or National Cross Country Championship is ineligible.
- An athlete who has placed 1st or 2nd in a race of 1,500m or greater in any Provincial or National Senior Track championships is ineligible.

## Cross Country Intermediate

- An athlete who was a winner of a County Intermediate or Senior Cross County Championship title prior to 2012 is ineligible.
- An athlete who has an individual medal (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>) from 2012 to 2015 Championships in the county Intermediate or Senior County Cross Country Championships is ineligible.
- An athlete who was a winner of a County Intermediate or Senior Cross County Championship title from (and including) 2016 is ineligible.
- An athlete who has an individual medal (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>) from any Provincial or National Cross Country Championship is ineligible.

- An athlete who has placed 1st or 2nd in a race of 1,500m or greater in any Provincial or National Senior Track championships is ineligible.