

Athletics Louth Cross Country Championships 2022

Novice and Even Age Juvenile Championships

2nd October (Entry Closing Date 26th September 2022)

Venue: Bellurgan Park – Hosted by Glenmore AC

10:00 Novice Ladies (3,000m)
Novice Men (6,000m)
Juvenile championship programme (U10, U12, 14, 16, 18) Start time 11.30

Intermediate and Uneven Age Juvenile Championships

9th October (Entry Closing Date 3rd October)

Venue: Louth GAA Centre of Excellence, Darver – Hosted by St Peter's AC

10:00 Intermediate Ladies (4,000m)
Intermediate Men (8,000m)
Juvenile championship programme (U9, U11, 13, 15, 17, 19) Start time 11.45

Senior Championships

Date: 27th November (Entries by 21st November)

Venue: Newtownstalaban – Hosted by Drogheda & District AC

11.00 Senior Ladies (6,000m)
Senior Men (10,000m)

Master and Junior Championships

Date: 11th December Venue: Jenkinstown

Hosted by North East Runners AC

Entry Closing Date 5th December

11.30 Junior Women (4,000m)
12.00 Master Women (3,000m)
12:20 Junior & Master Men (5,000m)

Entries

Entries to be submitted by email by the closing date on the relevant form to Simon Allen at athleticslouthcompetition@gmail.com

Fees:

- €3.50 per individual competing
- €4 per juvenile team entry

Adult Teams

- €8 per team of 3 / €10 per team of 4 / €15 per team of 6

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
U9	Born 2014	600	10	No Team	600	10	No Team
U10	Born 2013	800	3	4	800	3	4
U11	Born 2012	1,500	3	4	1,500	3	4
U12	Born 2011	2,000	3	4	2,000	3	4
U13	Born 2010	2,500	3	4	2,500	3	4
U14	Born 2009	3,000	3	4	3,000	3	4
U15	Born 2008	3,500	3	3	3,500	3	3
U16	Born 2007	4,000	3	3	4,000	3	3
U17	Born 2006	4,000	3	3	5,000	3	3
U18	Born 2005	4,000	3	3	6,000	3	3
U19	Born 2004	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 at least 16 years and under 20 years on 31st December in the year of competition
- Novice Athletes must be at least 19 years of age on 31st December in the year of competition.
- Intermediate Athletes must be at least 20 years of age on 31st December in the year of competition.
- Senior Athletes must be at least 18 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 birthday.
- If a club can enter two or more teams in any one race, 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 entities.

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 (1st, 2nd, 3rd) 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 (1st, 2nd, 3rd) 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 (1st, 2nd, 3rd) 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 (1st, 2nd, 3rd) 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.