

Athletics Leinster Cross Country

Championship Dates 2011 -12

Commencing at 12 Midday each day

Date	Event	Venue
October 30 th 2011 Day 1 Closing date 21 st October	Masters, Novice, Even	Belevdere House, Mullingar
November 13 th 2011 Day 2 Closing date 4 th November	Intermediate, Uneven	Adamstown, Wexford
January 2012	Junior, Senior, Relays	St Senan's, Kilkenny

**Age Categories for 2011 apply to all Leinster Juvenile
competition in this booklet**

Category	Born
11	2001
12	2000
13	1999
14	1998
15	1997
16	1996
17	1995
18	1994
19	1993

Athletics Leinster 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	18	18	6000m
4000m	19	19	6000m
4000m	Junior	Junior	6000m
4000m	Novice	Novice	6000m
4000m	Intermediate	Intermediate	8000m
5000m	Senior	Senior	10000m
3000m	Masters	Masters	6000m
4 x 250m	12	4 x 250m	12
4 x 500m	14	4 x 500m	14
4 x 500m	16	4 x 500m	16

INDIVIDUAL athletes

Must be entered by the club

Athletics Leinster

Definitions

LEINSTER NOVICE / INTERMEDIATE

(Cross Country and Road are treated as separate identities)

Eligibility

1. An Athlete who has **no individual medal 1st 2nd 3rd** from any Provincial or National Cross Country
2. or an athlete who has **not been placed 1st or 2nd in a 1500m race and upwards** in any Provincial or National Senior Championship

Age Categories Cross Country

- Juvenile Ages under 11- 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 aged 20 years or over on the 31st December in the year of competition
- Masters commencing at 0/40 for both men and women, an athlete becomes a master on his or her 40th birthday
- Senior 18 years and over on the 31st December in the year of competition

Relays

- Athletes may move up one age group only

Athletics Leinster

Club Teams			
Enter	Scoring	Ages	
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	18	Boys & Girls
8	4	19	Boys
8	3	19	Girls
10	4	Junior	Men & Women
10	4	Novice	
10	4	Intermediate	
10	4	Senior	
10	4	Masters	Men
10	3	Masters	Women

County Teams 2 Choices

First Choice

County teams			
Enter	Scoring	Ages under	
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	6	19	Boys
15	4	19	Girls
15	6	Junior	Men
15	4f	Junior	Women
15	6	Novice	Men
15	4	Novice	Women
15	6	Intermediate	Men
15	4	Intermediate	Women
15	6	Senior	Men
15	4	Senior	Women
15	4	Masters	Men
15	3	Masters	Women

Second Choice

All Club entries eligible for county, provided club has entered athletes, counties opting for this choice must ensure that clubs have entered athletes.

Athletics Leinster

Cross Country AWARDS

11 –19 years

- Championship medals top 12 in each race
- Championship medals to top 3 Clubs in each race
- Championship medals to top 4 Counties in each race
- Relays top 3 teams

Senior , Junior, Masters, Intermediate, Novice

- Championship medals to top 3 in each race
- Championship medals to top 3 Clubs in each race
- Championship medals to top 3 Counties in each race

Championship medals to top 3 in 0/40/45/50

- Championship medals to top 3 clubs 0/40/45/50 Men
- Championship medals to top 3 clubs 0/40/45 Women
- Championship medals to top 3 counties combined ages