

ATHLETICS LEINSTER CROSS COUNTRY

CHAMPIONSHIP DATES

COMMENCING AT 12 MIDDAY EACH DAY

DATE	EVENT	VENUE
24 th October 2010 Day 1	Even ages, Novice & Master	Belvedere House, Mullingar, Co. Westmeath
7 th November 2010 Day 2	Uneven ages, Intermediate	Adamstown, Enniscorthy, Co. Wexford
TBA Day 3	TBA	TBA

Age Categories for 2010 apply to all Leinster Juvenile Competition in this Booklet

Category	Born
11	2000
12	1999
13	1998
14	1997
15	1996
16	1995
17	1994
18	1993
19	1992

**CROSS COUNTRY FEES
2010/2011**

JUVENILE

Individual €3.00
Club Team €10.00
County Team €15.00
Relays €10.00

JUNIOR

Individual €3.00
Club Team €10.00
County Team €15.00

SENIOR & MASTER

Individual €4.00
Club Team €15.00
County Team €20.00

LATE ENTRIES - DOUBLE FEES APPLY

Gate admission €3.00 or €5.00 plus programme

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 31st December in the year of competition
- Novice Athletes must be aged 19 years or over on 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 birth date
- 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 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
4500m	17	17	5000m
5000m	18	18	6000m
5000m	19	19	7000m
3000m	Junior	Junior	6000m
3000m	Novice	Novice	6000m
4000m	Intermediate	Intermediate	10000m
5000m	Senior	Senior	10000m
3000m	Master	Master	6000m
4x250m	12	12	4x250m
4x500m	14	14	4x500m
4x500m	16	16	4x500m

**INDIVIDUAL athletes
Must be entered by the club**

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	Master	Men
10	3	Master	Women

ATHLETICS LEINSTER 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	4(f)	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	Master	Men
15	3	Master	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.