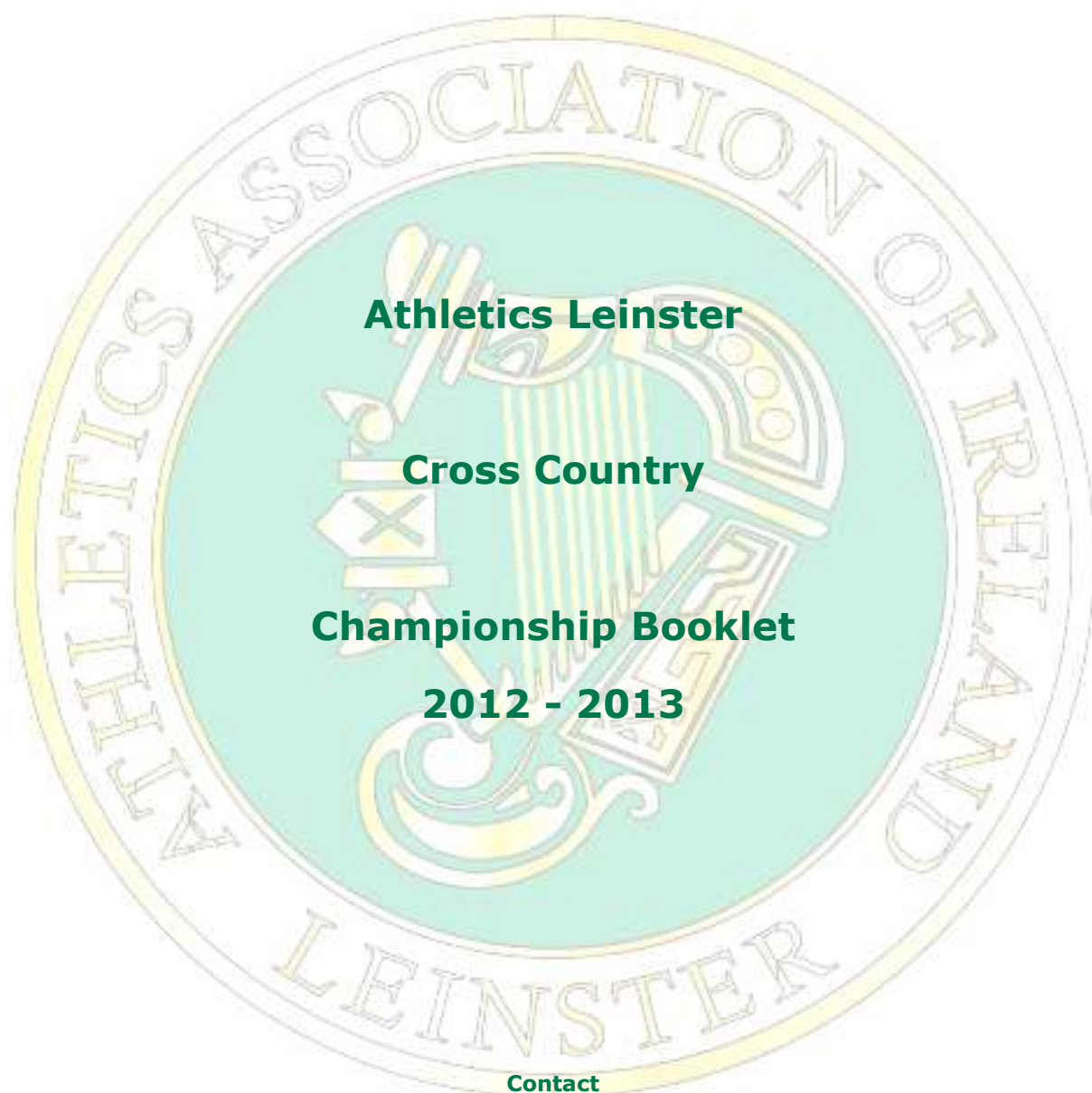




**Athletics Leinster**

**Prelim Cross Country Booklet 2012-2013**



**Athletics Leinster**

**Cross Country**

**Championship Booklet**

**2012 - 2013**

**Contact**

**Cross Country Sec.**

**Frank Kilrane:**

**afkilrane@gmail.com**

**087 677 1572**

<http://www.athleticsleinster.com>



## Athletics Leinster

### Prelim Cross Country Booklet 2012-2013

<b>2012 – 2013 Athletics Leinster Cross Country Programme</b>			
<b>Date</b>	<b>Start Time</b>	<b>Age Category</b>	<b>Venue</b>
October 28th 2012	12:00 Noon	Even Ages, Novice & Masters	Avondale House, Rathdrum
November 11th 2012	12:00 Noon	Uneven Ages & Intermediate	T.B.C
January 20 <sup>th</sup> 2012	12:00 Noon	Juvenile Relays, Junior & Senior	Ballyroan, Co. Laois

#### **2012/2013 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 2012 apply to all Leinster Juvenile competition in this booklet

**Age 11 Born 2002**

**Age 12 Born 2001**

**Age 13 Born 2000**

**Age 14 Born 1999**

**Age 15 Born 1998**

**Age 16 Born 1997**

**Age 17 Born 1996**

**Age 18 Born 1995**

**Age 19 Born 1994**



## Athletics Leinster

### Prelim Cross Country Booklet 2012-2013

#### Entry & Competition Rules

#### LEINSTER NOVICE / INTERMEDIATE

(Cross Country and Road are treated as separate identities)

#### Eligibility

1. 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.  
or
2. An athlete who has **not been placed 1<sup>st</sup> or 2<sup>nd</sup> 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 **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.
- INDIVIDUAL athletes must be entered by the club



## Athletics Leinster

### Prelim Cross Country Booklet 2012-2013

#### 2012 / 2013 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
4000m	Masters	Masters	6000m
4 x 250m	12	12	4 x 250m
4 x 500m	14	14	4 x 500m
4 x 500m	16	16	4 x 500m

#### 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	18	Boys & Girls
8	4	19	Boys
8	3	19	Girls
10	4	Junior	Men & Women
10	4	Novice	Men & Women
10	4	Intermediate	Men & Women
10	4	Senior	Men & Women
10	4	Masters	Men
10	3	Masters	Women





**Prelim Cross Country Booklet 2012-2013**

**PLEASE NOTE:**

There are two options available to the County Sec. for entering County Teams.

**County Teams Scoring – Option #1**

By selecting Option #1, each County Sec. must complete and return the 'County Team Entry Form', with the appropriate team entry fee to Athletics Leinster, Claremont Stadium Navan, Co. Meath. Only athletes named on the '**County Team Entry Form**', as completed by the **County Sec.** are eligible to score for the County Team. However, it is the responsibility of the **Club Sec.** to ensure athletes are entered as individuals. This is **NOT** the responsibility of the **County Sec.**

If the 'County Team Entry Form' is **NOT** completed and returned, Athletes and Counties are **automatically** categorised as Option #2, below.

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	6	19	Boys
15	4	19	Girls
15	4	Junior	Men
15	4	Junior	Women
15	4	Novice	Men
15	4	Novice	Women
15	4	Intermediate	Men
15	4	Intermediate	Women
15	4	Senior	Men
15	4	Senior	Women
15	4	Masters	Men
15	3	Masters	Women

**County Teams Scoring – Option #2**

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



**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** (*Master Medals will **not** be awarded on the day of Competition*)

*Championship medals to top*

- 3 individuals in each category O/35/40/45/50 .....
- 3 Men's Club Teams in combined category O/35/40/45/50
- 3 Men's Club Teams in combined category O/55+
- 3 Women's Club Teams, all categories combined
- 3 Men's County Teams in combined category O/35/40/45/50
- 3 Men's County Teams in combined category O/55+
- 3 Women's County Teams, all categories combined

*Note: O/55+ male athletes may compete in the O/35/40/45/50 club/county teams, but not vice-versa. Option #1 County Teams, all athletes regardless of category must be named by the County Sec.*



**Athletics Leinster**

**Prelim Cross Country Booklet 2012-2013**

**Entry Forms to:**

Athletics Leinster  
Claremont Stadium  
Navan  
Co. Meath

**Cross Country Entry Fees**

**Juvenile:**

Individual	3 Euro
Club Team	10 Euro
County Team	15 Euro
Relays	10 Euro

**Intermediate, Senior & Masters:**

Individual	5 Euro
Club Team	20 Euro
County Team	20 Euro

**Junior & Novice,**

Individual	5 Euro
Club Team	15 Euro
County Team	20 Euro

Entry Forms **WILL NOT** be accepted without the correct Entry Fee

**Gate Admission:**

**5 Euro (Plus Programme)**

**alternatively 3 Euro**





**Athletics Leinster**

**Prelim Cross Country Booklet 2012-2013**

**DAY 1**

**Even Ages, Novice & Masters**

**Avondale House, Rathdrum**

**October 28th 2012**

**12:00 Noon**





## Athletics Leinster

### Prelim Cross Country Booklet 2012-2013

#### Day 1 - Cross Country Distances

Distance	Female	Male	Distance
2000m	12	12	2000m
3000m	14	14	3000m
4000m	16	16	4000m
4000m	18	18	6000m
4000m	Novice	Novice	6000m
4000m	Masters	Masters	6000m

#### Day 1 - Club Team Scoring

Enter	Scoring	Age Category	Category
8	4	12	Boys & Girls
8	4	14	Boys & Girls
8	4	16	Boys & Girls
8	4	18	Boys & Girls
10	4	Novice	Men & Women
10	4	Masters	Men
10	3	Masters	Women

#### Day 1 - County Teams Scoring – Option #1

*See. Page 5. For Note:*

Enter	Scoring	Age Category	Category
15	6	12	Boys & Girls
15	6	14	Boys & Girls
15	6	16	Boys & Girls
15	6	18	Boys & Girls
15	4	Novice	Men
15	4	Novice	Women
15	4	Masters	Men
15	3	Masters	Women

#### Day 1 - County Teams Scoring – Option #2

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



**Athletics Leinster**

**Prelim Cross Country Booklet 2012-2013**

**AVONDALE HOUSE**

**CLUB TEAM ENTRY FORM**

**JUVENILE**

**(Individual athletes must be entered by the Club)**

**Even Ages Start Time: 12 noon with Girls U12 followed by Boys U12 etc**

**Club:** \_\_\_\_\_

**(please circle)**

**Male / Female**

**U12:**

**U14:**

**U16:**

**U18:**

	<b>Name</b>	<b>DOB</b>	<b>Reg #</b>
<b>1.</b>			
<b>2.</b>			
<b>3.</b>			
<b>4.</b>			
<b>5.</b>			
<b>6.</b>			
<b>7.</b>			
<b>8.</b>			

**See scoring table.**

**I understand, once declaration has been received no changes will be accepted.**

Signed ..... Position .....

Address .....

Contact No: ..... Date .....

**CLOSING DATE FOR ENTRIES: Monday 22<sup>nd</sup> October 2012**  
**No entries will be accepted after this date**



**Athletics Leinster**

**Prelim Cross Country Booklet 2012-2013**

**AVONDALE HOUSE**

**CLUB TEAM ENTRY FORM**

**NOVICE**

**(Individual athletes must be entered by the Club)**

**Even Ages Start Time: 12 noon with Girls U12 followed by Boys U12 etc**

**Club:** \_\_\_\_\_

**(please circle)**

**Male / Female**

	<b>Name</b>	<b>DOB</b>	<b>Reg #</b>
<b>1.</b>			
<b>2.</b>			
<b>3.</b>			
<b>4.</b>			
<b>5.</b>			
<b>6.</b>			
<b>7.</b>			
<b>8.</b>			
<b>9.</b>			
<b>10.</b>			

**See scoring table.**

**I understand, once declaration has been received no changes will be accepted.**

Signed ..... Position .....

Address .....

Contact No: ..... Date .....

**CLOSING DATE FOR ENTRIES: Monday 22<sup>nd</sup> October 2012**  
**No entries will be accepted after this date**





**Athletics Leinster**

**Prelim Cross Country Booklet 2012-2013**

**AVONDALE HOUSE**

**CLUB TEAM ENTRY FORM**

**MASTERS**

**(Individual athletes must be entered by the Club)**

**Even Ages Start Time: 12 noon with Girls U12 followed by Boys U12 etc**

**Club:** \_\_\_\_\_

**(please circle)**

**Male / Female**

	<b>Name</b>	<b>Category</b>	<b>DOB</b>	<b>Reg #</b>
<b>1.</b>				
<b>2.</b>				
<b>3.</b>				
<b>4.</b>				
<b>5.</b>				
<b>6.</b>				
<b>7.</b>				
<b>8.</b>				
<b>9.</b>				
<b>10.</b>				

**See scoring table.**

**I understand, once declaration has been received no changes will be accepted.**

Signed ..... Position .....

Address .....

Contact No: ..... Date .....

**CLOSING DATE FOR ENTRIES: Monday 22<sup>nd</sup> October 2012**  
**No entries will be accepted after this date**



**Athletics Leinster**

**Prelim Cross Country Booklet 2012-2013**

**AVONDALE HOUSE**

**JUVENILE**

**COUNTY TEAM ENTRY FORM**  
TO BE COMPLETED BY COUNTY SEC.

**(Individual athletes must be entered by the Club)**

**County:** \_\_\_\_\_

**(please circle)**

**Male / Female**

**U12:**

**U14:**

**U16:**

**U18:**

	<b>Name</b>		<b>Name</b>
<b>1.</b>		<b>9.</b>	
<b>2.</b>		<b>10.</b>	
<b>3.</b>		<b>11.</b>	
<b>4.</b>		<b>12.</b>	
<b>5.</b>		<b>13.</b>	
<b>6.</b>		<b>14.</b>	
<b>7.</b>		<b>15.</b>	
<b>8.</b>			

**See scoring table.**

**I understand, once declaration has been received no changes will be accepted.**

Signed ..... Position .....

Address .....

Contact No: ..... Date .....

**CLOSING DATE FOR ENTRIES: Monday 22<sup>nd</sup> October 2012**  
**No entries will be accepted after this date**



**Athletics Leinster**

**Prelim Cross Country Booklet 2012-2013**

**AVONDALE HOUSE**

**NOVICE**

**COUNTY TEAM ENTRY FORM**  
**TO BE COMPLETED BY COUNTY SEC.**

**(Individual athletes must be entered by the Club)**

**County:** \_\_\_\_\_

**(please circle)**

**Male / Female**

	<b>Name</b>		<b>Name</b>
<b>1.</b>		<b>9.</b>	
<b>2.</b>		<b>10.</b>	
<b>3.</b>		<b>11.</b>	
<b>4.</b>		<b>12.</b>	
<b>5.</b>		<b>13.</b>	
<b>6.</b>		<b>14.</b>	
<b>7.</b>		<b>15.</b>	
<b>8.</b>			

**See scoring table.**

**I understand, once declaration has been received no changes will be accepted.**

Signed ..... Position .....

Address .....

Contact No: ..... Date .....

**CLOSING DATE FOR ENTRIES: Monday 22<sup>nd</sup> October 2012**  
**No entries will be accepted after this date**





Prelim Cross Country Booklet 2012-2013

**AVONDALE HOUSE**

**MASTERS**

**COUNTY TEAM ENTRY FORM**  
TO BE COMPLETED BY COUNTY SEC.

(Individual athletes must be entered by the Club)

**County:** \_\_\_\_\_

(please circle)

Male / Female

	Name	Cat		Name	Cat
1.			9.		
2.			10.		
3.			11.		
4.			12.		
5.			13.		
6.			14.		
7.			15.		
8.					

See scoring table.

**I understand, once declaration has been received no changes will be accepted.**

Signed ..... Position .....

Address .....

Contact No: ..... Date .....

**CLOSING DATE FOR ENTRIES: Monday 22<sup>nd</sup> October 2012**  
**No entries will be accepted after this date**



**Athletics Leinster**

**Prelim Cross Country Booklet 2012-2013**

**DAY 2**

**Uneven Ages & Intermediate**

**T.B.C**

**November 11th 2012**

**12:00 Noon**



## Athletics Leinster

### Prelim Cross Country Booklet 2012-2013

#### Day 2 - Cross Country Distances

Distance	Female	Male	Distance
1500m	11	11	1500m
2500m	13	13	2500m
3500m	15	15	3500m
4000m	17	17	5000m
4000m	19	19	6000m
4000m	Intermediate	Intermediate	8000m

#### Day 2 - Club Teams Scoring

Enter	Scoring	Age Category	Category
8	4	11	Boys & Girls
8	4	13	Boys & Girls
8	4	15	Boys & Girls
8	4	17	Boys & Girls
8	4	19	Boys
8	3	19	Girls
10	4	Intermediate	Men & Women

#### Day 2 - County Teams Scoring – Option #1

*See. Page 5. For Note:*

Enter	Scoring	Age Category	Category
15	6	11	Boys & Girls
15	6	13	Boys & Girls
15	6	15	Boys & Girls
15	6	17	Boys & Girls
15	6	19	Boys
15	4	19	Girls
15	4	Intermediate	Men
15	4	Intermediate	Women

#### Day 2 - County Teams Scoring – Option #2

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





**Athletics Leinster**

**Prelim Cross Country Booklet 2012-2013**

T.B.C

**CLUB TEAM ENTRY FORM**

**JUVENILE**

**(Individual athletes must be entered by the Club)**

**Even Ages Start Time: 12 noon with Girls U11 followed by Boys U11 etc**

**Club:** \_\_\_\_\_

**(please circle)**

**Male / Female**

**U11:                      U13:                      U15:                      U17:                      U19:**

	<b>Name</b>	<b>DOB</b>	<b>Reg #</b>
<b>1.</b>			
<b>2.</b>			
<b>3.</b>			
<b>4.</b>			
<b>5.</b>			
<b>6.</b>			
<b>7.</b>			
<b>8.</b>			

**See scoring table.**

**I understand, once declaration has been received no changes will be accepted.**

Signed ..... Position .....

Address .....

Contact No: ..... Date .....

**CLOSING DATE FOR ENTRIES: Monday 5<sup>th</sup> November 2012**  
**No entries will be accepted after this date**



**Athletics Leinster**

**Prelim Cross Country Booklet 2012-2013**

**T.B.C**

**CLUB TEAM ENTRY FORM**

**INTERMEDIATE**

**(Individual athletes must be entered by the Club)**

**Even Ages Start Time: 12 noon with Girls U11 followed by Boys U11 etc**

**Club:** \_\_\_\_\_

**(please circle)**

**Male / Female**

	<b>Name</b>	<b>DOB</b>	<b>Reg #</b>
<b>1.</b>			
<b>2.</b>			
<b>3.</b>			
<b>4.</b>			
<b>5.</b>			
<b>6.</b>			
<b>7.</b>			
<b>8.</b>			
<b>9.</b>			
<b>10.</b>			

**See scoring table.**

**I understand, once declaration has been received no changes will be accepted.**

Signed ..... Position .....

Address .....

Contact No: ..... Date .....

**CLOSING DATE FOR ENTRIES: Monday 5<sup>th</sup> November 2012**  
**No entries will be accepted after this date**



**Athletics Leinster**

**Prelim Cross Country Booklet 2012-2013**

**AVONDALE HOUSE**

**JUVENILE**

**COUNTY TEAM ENTRY FORM**  
**TO BE COMPLETED BY COUNTY SEC.**

**(Individual athletes must be entered by the Club)**

**County:** \_\_\_\_\_

**(please circle)**

**Male / Female**

**U11:**

**U13:**

**U15:**

**U17:**

**U19:**

	<b>Name</b>		<b>Name</b>
<b>1.</b>		<b>9.</b>	
<b>2.</b>		<b>10.</b>	
<b>3.</b>		<b>11.</b>	
<b>4.</b>		<b>12.</b>	
<b>5.</b>		<b>13.</b>	
<b>6.</b>		<b>14.</b>	
<b>7.</b>		<b>15.</b>	
<b>8.</b>			

**See scoring table.**

**I understand, once declaration has been received no changes will be accepted.**

Signed ..... Position .....

Address .....

Contact No: ..... Date .....

**CLOSING DATE FOR ENTRIES: Monday 5<sup>th</sup> November 2012**  
**No entries will be accepted after this date**





**Athletics Leinster**

**Prelim Cross Country Booklet 2012-2013**

**T.B.C**

**INTERMEDIATE**

**COUNTY TEAM ENTRY FORM**  
**TO BE COMPLETED BY COUNTY SEC.**

**(Individual athletes must be entered by the Club)**

**County:** \_\_\_\_\_

**(please circle)**

**Male / Female**

	<b>Name</b>		<b>Name</b>
<b>1.</b>		<b>9.</b>	
<b>2.</b>		<b>10.</b>	
<b>3.</b>		<b>11.</b>	
<b>4.</b>		<b>12.</b>	
<b>5.</b>		<b>13.</b>	
<b>6.</b>		<b>14.</b>	
<b>7.</b>		<b>15.</b>	
<b>8.</b>			

**See scoring table.**

**I understand, once declaration has been received no changes will be accepted.**

Signed ..... Position .....

Address .....

Contact No: ..... Date .....

**CLOSING DATE FOR ENTRIES: Monday 5<sup>th</sup> November 2012**  
**No entries will be accepted after this date**





**Athletics Leinster**

**Prelim Cross Country Booklet 2012-2013**





## Athletics Leinster

### Prelim Cross Country Booklet 2012-2013

#### Juvenile Relays

Athletes may move up one age group only.

#### Day 3 - Cross Country Distances

Distance	Female	Male	Distance
4 x 250m	12	12	4 x 250m
4 x 500m	14	14	4 x 500m
4 x 500m	16	16	4 x 500m
4000m	Junior	Junior	6000m
5000m	Senior	Senior	10000m

#### Day 3 - Club Teams Scoring

Enter	Scoring	Age Category	Category
10	4	Junior	Men & Women
10	4	Senior	Men & Women

#### Day 3 - County Teams Scoring – Option #1

See Page 5. For Note:

Enter	Scoring	Age Category	Category
15	4	Junior	Men
15	4	Junior	Women
15	4	Senior	Men
15	4	Senior	Women

#### County Teams Scoring – Option #2

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



**Athletics Leinster**

**Prelim Cross Country Booklet 2012-2013**

**Ballyroan, Co. Laois**

**CLUB TEAM ENTRY FORM**

**JUVENILE RELAYS**

**(Teams must be entered by the Club)**

**Relay Start Time: 12 noon with Girls U12 followed by Boys U12 etc**

**Club:** \_\_\_\_\_

**(please circle)**

**Male / Female**

**U12:**

**U14:**

**U16:**

	<b>Name</b>	<b>DOB</b>	<b>Reg #</b>
<b>1.</b>			
<b>2.</b>			
<b>3.</b>			
<b>4.</b>			
<b>5.</b>			
<b>6.</b>			
<b>7.</b>			
<b>8.</b>			

**See scoring table.**

**I understand, once declaration has been received no changes will be accepted.**

Signed ..... Position .....

Address .....

Contact No: ..... Date .....

**CLOSING DATE FOR ENTRIES: Monday 14<sup>th</sup> January 2013**  
**No entries will be accepted after this date**



**Athletics Leinster**

**Prelim Cross Country Booklet 2012-2013**

**Ballyroan, Co. Laois**

**CLUB TEAM ENTRY FORM**

**JUNIOR**

**(Individual athletes must be entered by the Club)**

**Relay Start Time: 12 noon with Girls U12 followed by Boys U12 etc**

**Club:** \_\_\_\_\_

**(please circle)**

**Male / Female**

	<b>Name</b>	<b>DOB</b>	<b>Reg #</b>
<b>1.</b>			
<b>2.</b>			
<b>3.</b>			
<b>4.</b>			
<b>5.</b>			
<b>6.</b>			
<b>7.</b>			
<b>8.</b>			
<b>9.</b>			
<b>10.</b>			

**See scoring table.**

**I understand, once declaration has been received no changes will be accepted.**

Signed ..... Position .....

Address .....

Contact No: ..... Date .....

**CLOSING DATE FOR ENTRIES: Monday 14<sup>th</sup> January 2013**  
**No entries will be accepted after this date**





**Athletics Leinster**

**Prelim Cross Country Booklet 2012-2013**

**Ballyroan, Co. Laois**

**CLUB TEAM ENTRY FORM**

**SENIOR**

**(Individual athletes must be entered by the Club)**

**Relay Start Time: 12 noon with Girls U12 followed by Boys U12 etc**

**Club:** \_\_\_\_\_

**(please circle)**

**Male / Female**

	<b>Name</b>	<b>DOB</b>	<b>Reg #</b>
<b>1.</b>			
<b>2.</b>			
<b>3.</b>			
<b>4.</b>			
<b>5.</b>			
<b>6.</b>			
<b>7.</b>			
<b>8.</b>			
<b>9.</b>			
<b>10.</b>			

**See scoring table.**

**I understand, once declaration has been received no changes will be accepted.**

Signed ..... Position .....

Address .....

Contact No: ..... Date .....

**CLOSING DATE FOR ENTRIES: Monday 14<sup>th</sup> January 2013**  
**No entries will be accepted after this date**



**Athletics Leinster**

**Prelim Cross Country Booklet 2012-2013**

**Ballyroan, Co. Laois**

**COUNTY TEAM ENTRY FORM**  
**TO BE COMPLETED BY COUNTY SEC.**

**JUNIOR**

**(Individual athletes must be entered by the Club)**

**County:** \_\_\_\_\_

**(please circle)**

**Male / Female**

	<b>Name</b>		<b>Name</b>
<b>1.</b>		<b>9.</b>	
<b>2.</b>		<b>10.</b>	
<b>3.</b>		<b>11.</b>	
<b>4.</b>		<b>12.</b>	
<b>5.</b>		<b>13.</b>	
<b>6.</b>		<b>14.</b>	
<b>7.</b>		<b>15.</b>	
<b>8.</b>			

**See scoring table.**

**I understand, once declaration has been received no changes will be accepted.**

Signed ..... Position .....

Address .....

Contact No: ..... Date .....

**CLOSING DATE FOR ENTRIES: Monday 14<sup>th</sup> January 2013**  
**No entries will be accepted after this date**



# Athletics Leinster

## Prelim Cross Country Booklet 2012-2013

**Ballyroan, Co. Laois**

**COUNTY TEAM ENTRY FORM**  
TO BE COMPLETED BY COUNTY SEC.

**SENIOR**

**(Individual athletes must be entered by the Club)**

**County:** \_\_\_\_\_

**(please circle)**

**Male / Female**

	<b>Name</b>		<b>Name</b>
<b>1.</b>		<b>9.</b>	
<b>2.</b>		<b>10.</b>	
<b>3.</b>		<b>11.</b>	
<b>4.</b>		<b>12.</b>	
<b>5.</b>		<b>13.</b>	
<b>6.</b>		<b>14.</b>	
<b>7.</b>		<b>15.</b>	
<b>8.</b>			

**See scoring table.**

**I understand, once declaration has been received no changes will be accepted.**

Signed ..... Position .....

Address .....

Contact No: ..... Date .....

**CLOSING DATE FOR ENTRIES: Monday 14<sup>th</sup> January 2013**  
**No entries will be accepted after this date**



## Athletics Leinster

### Prelim Cross Country Booklet 2012-2013

2012 Leinster Officers	
Chair	Carmel Kelly
Vice Chair	Brendan Meade
Secretary & Registrar	Martin J Heery
Treasurer	Michael Tynan
Assistant Treasurer	Norah McDermott
Competition Sec.	Pat Carty
Road & Cross Country	Frank Kilrane
Development Officer	Brian Dowling

