

REGULATIONS CROSS COUNTRY

- Regions must enclose a copy of the regional club results with the entries
- Start time 11.30
- Athletes may move up one age group
- Spot Checks will be undertaken
- **First four (4) club teams** in the 11-19 age group all must have competed in the Provincial/Regional Cross Country Championships
- Three (3) teams from each Munster, Ulster, Connaught, 4 from Leinster and 1 Team from the Region of Dublin qualify for County Teams.
- In the 17-19 age groups open entry will apply provided the athlete has competed in the Provincial/Regional Cross Country Championships. Open entries must be with National at closing date for competition, entries through Provincial Secretary ONLY

All entries to Competitions, *Athletic Association of Ireland, Unit 19, Northwood Court Northwood Business Campus, Santry, Dublin 9* and a copy to National Juvenile Cross Country Secretary. *Mr. Tony Ennis, Ballyfallon, Athboy, Co. Meath.*

- **Province:** 12 athletes to run with 6 to score
- **County:** 10 athletes to run with 6 to score
- **Club:** 6 athletes to run with 4 to score
- **Girls 19:** 6 athletes to run with 3 to score
- Athletes must be registered
- Pacing of athletes will mean disqualification. Please inform club officials and parents.
- Only athletes declared on the team sheets will score.
- **It is strongly recommended that all athletes wear the correct footwear.**
- **Fees:**

Club	15 Euro
County	20 Euro
Province/Regional	25 Euro
Individual	4 Euro
- **Juvenile Development Events are open to athletes who HAVE NOT WON an Individual, Regional, County or Club Cross Country medal at the National Championships.**
- Entries through club or county secretary for Development Events
- Entries through county secretary for Inter County Relay, county singlets must be worn
- Athletes may not compete in Development Events and Inter County Relay on the same day.

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- **Online entry @ www.athleticsireland.ie only by Regional secretary** (password previously issued)
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Juvenile Cross Country Championships

- **25th November 2012** **“A” Championships, Tattersalls, Ratoath, Co. Meath**
Even Ages
- **9th December 2012** **“A” Championships, Adamstown, Co. Wexford**
Uneven Ages
- **3rd February 2013** **Juvenile Development Cross Country, Gansha Park, Derry**
- **24th February 2013** **Inter County Relays, Tullamore Co Offaly**

Medals:	“A” Championships	First 12 individuals
		First 3 Regional, County, Club teams
	Development Events	First 12 individuals
		First 3 County and Club teams

Fees:	Club	€15
	County	€20
	Province/Region	€25
	Individual	€4
	Relay Teams	€10

A Cross Country Distances

Girls	Distances	Boys	Distances
11	1500m	11	1500m
12	2000m	12	2000m
13	2500m	13	2500m
14	3000m	14	3000m
15	3500m	15	3500m
16	4000m	16	4000m
17	4000m	17	5000m
18	4000m	18	6000m
19	4000m	19	6000m

Development Cross Country Distances

12	1000m	11	1000m
13	1500m	13	1500m
15	2500m	15	2500m
17	3000m	17	3000m

Cross Country Inter County Relays 2012

*This competition will be held with the Inter Clubs Cross Country Championships
Sunday 24th February 2013 in Tullamore*

- All athletes must be registered.
- Entries through county secretary for Relay Championships
- County singlet must be worn.
- No Entries on the day
- All teams must be pre-entered with team list, date of birth, registration number
- First **3** teams receive medals; A sub must be declared and present on the day to receive medal.
- **1** team per county per age group

Girls 12	4 x 500m Relays
Boys 12	4 x 500m Relays
Girls 14	4 x 500m Relays
Boys 14	4 x 500m Relays