



Athletics Leinster

Cross Country Booklet 2016

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Cross Country

Championship Booklet

2016

Contact

Leinster Cross Country Sec.

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2016 Athletics Leinster Cross Country Programme			
Date	Start Time	Age Category	Venue
Day 2 – Hosted by Mullingar Harriers AC			
October 29 th 2016	12:00 Noon	Even Ages & Novice	New Forest Golf Club, Higginstown, Tyrrellspass, Co. Westmeath
Day 3 – Hosted by Mullingar Harriers AC			
November 13 th 2016	12:00 Noon	Un-Even Ages, Junior & Senior	To Be Confirmed

Note: Day 1 2017 – Juvenile Relays, Intermediate & Master Cross Country Championships will be hosted by Dunboyne AC on 15th January, 2017

Closing Dates: - (All entries are online – No late Entries)

Even & Novice – 23rd October, 2016

Un-Even, Junior & Senior – 6th November, 2016

2016 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 2016 apply to all Leinster Juvenile competition in this booklet

Age 11 Born 2004

Age 12 Born 2005

Age 13 Born 2004

Age 14 Born 2003

Age 15 Born 2002

Age 16 Born 2001

Age 17 Born 2000

Age 18 Born 1999

Age 19 Born 1998

Age 20 Born 1997



Cross Country Entry Fees

Juvenile:

Individual	3.50 Euro
Club Team	15.00 Euro
County Team	20.00 Euro

Novice, Senior, Junior, Intermediate & Master:

Individual	6.00 Euro
Club Team	15.00 Euro
County Team	20.00 Euro

Gate Admission:

€5.00 Euro P/P – Please have money ready for collection to ensure no delays for parking and your athletes.

Online Entry Only – No paper entries

All entries via link which is available on the Athletics Leinster website and Facebook page.

www.athleticsleinster.org

Payment Options

- 1) Online by Credit/Debit Card
- 2) Payment by cheque to:
 - Leinster Entries
 - Sports Development Project
 - Claremont Stadium
 - Commons Road
 - Navan
 - Co Meath

****Cheque payment please include the following information with your payment** (this will avoid Leinster Athletics chasing your club/county secretary for a payment you have already made)
Club Name, Athletes entered, Age Categories, Team ie Club or County.
Club and County teams not declared ahead of the day will not be counted.



Entries are not complete until payment has been received.

Online Entries Close – 23rd October, 2016 for Even Ages & Novice

Online Entries Close – 6th November, 2016 for Un-Even Ages, Junior & Senior**

Entry & Competition Rules

Current Athletics Ireland Registration is mandatory for all athletes.

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.

Age Categories Cross Country

- Juvenile Ages: Under 11- 18. An athlete can compete in their own age group and one age group up ie an U11 can also compete at U12 event but not U13.
- Novice Athletes must be aged 19 years or over on the 31st December in the year of competition.
- Junior Athletes
 1. do **not** break their Novice status in any of the above
 2. must be aged 16 years and under 20 years 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.
- **ALL INDIVIDUAL athletes must be entered by the club**



2016 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	Jun inc. U18, U19, U20	Jun inc. U18, U19, U20	6000m
4000m	Novice	Novice	6000m
4000m	Intermediate	Intermediate	8000m
5000m	Senior	Senior	10000m
4000m	Masters	Masters	6000m

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	Jun inc. U18, U19, U20	Male & Female
10	4	Novice	Men & Women
10	4	Intermediate	Men & Women
10	4	Senior	Men & Women
10	4	Masters	Men
10	3	Masters +50	Men
10	3	Masters	Women
10	3	Masters +50	Women



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 online entry and list the name of each athlete on the team. Only athletes named at time of entry will score for team places at the Championships.

No changes on the day to named county teams

If the 'County Team Entry Form' is NOT completed online all athletes within a County are automatically categorised as Option #2, below provided the County has entered a non-declared team online and paid the appropriate fee. If paying by way of cheque it is very important that you state the category of County Teams you are paying for – non payment will result in non entry of county team.

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	4	Junior	Women
15	4	Junior	Men
15	4	Novice	Women
15	6	Novice	Men
15	4	Intermediate	Women
15	6	Intermediate	Men
15	4	Senior	Women
15	6	Senior	Men
15	3	Masters	Women
15	4	Masters	Men

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. County secretary to choose Non Declared County Team entry online and pay the appropriate fee.



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

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



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Note: O/55+ male & female 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.

2016 Leinster Officers	
Chair	Jim Corcoran
Vice Chair	Pat Hooper
Secretary & Registrar	Mary Dwyer
Treasurer	Philip Cogavin
Assistant Treasurer	Michael Tynan
Outdoor Track & Field Competition Secretary	Nicola Welsh
Road & Cross Country	Catriona Duffy
Indoor Secretary	Andrew Lynam
Coaching & Development Officer	Fintan Reilly