



Woodie's DIY Novice & Juvenile Uneven Ages Cross Country

Championships of Ireland

WIT Sports Campus

Waterford

Sunday 15th December 2013

11.30 am

Please follow signs and Stewards Directions for Parking .

Closing Date for Entries: Friday 6th December 2013

Entries Online



AAI Cross Country Timetables 2013

Uneven Ages & Novice			
Event	Distance		Start Time
G11	1.500m		11.30
B11	1.500m		11.40
G13	2.500m		11.50
B13	2.500m		12.05
G15	3.500m		12.20
B15	3.500m		12.40
G17	4.000m		13.00
B17	5,000m		13.25
G19	4,000m		13.50
B19	6,000m		14.15
Novice Women	4,000m		14.45
Novice Men	6,000m		15.00



Information

Please alert all team managers to the system for checking in

Provincial Councils are requested to ensure that their registration desk is manned by 2 people to allow for queries and amendments in order to speed up the process. It is advisable that the people manning the desk will not be involved with any other duties until all check in is complete.

1 Collecting Numbers.

- If you are representing your Province, County and Club your number will be in the **Provincial Team** envelope.
- If you are representing your County and Club your number will be in the **County Team** envelope.
- If you are representing your Club the number will be in the **Club Team** envelope.

2 Numbers must be worn on front of vest

3 Club, County or Provincial singlet must be worn

4 Individual Medals will be presented at the finish of each race. Team medals will be presented at a clearly identified area following the event.

5 No Spikes or Dirty Shoes in the changing Rooms

6 Toilets and changing rooms are clearly marked

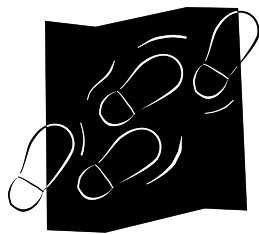
7 Please respect property

8 It is recommended that suitable footwear be worn during all races

9 The warm up of athletes is the responsibility of the athletes own club officials

10 Coaches and parents **will not** be allowed in the **Assembly/ Start Area** or on the Course at any time.

‘THE BEST OF LUCK’



Juvenile Cross Country Championships of Ireland

Ages / Distances

	Born	Girls	Boys
Under 11	2003	1500m	1500m
Under 12	2002	2000m	2000m
Under 13	2001	2500m	2500m
Under 14	2000	3000m	3000m
Under 15	1999	3500m	3500m
Under 16	1998	4000m	4000m
Under 17	1997	4000m	5000m
Under 18	1996	4000m	6000m
Under 19	1995	4000m	6000m

Regulations

- ◆ **Regions must enclose a full copy of regional results with entries to competition secretary and also to the office**
- ◆ Start Time 11.30
- ◆ Athletes may move up one age group
- ◆ Spot Checks will be undertaken
- ◆ First 4 club teams in the 11 -16 age group all must have competed in the Provincial / Region Cross Country Championships.
- ◆ First 3 Teams from Munster, Ulster, Connaught, 4 from Leinster region and 1 Team from Region of Dublin qualify for County Teams
- ◆ In the 17 - 19 age groups entry will apply provided the athlete has competed in the Provincial / Region Cross Country Championships. Open entries must be with National office at closing date for competition, **entries through Provincial Secretary ONLY**
- ◆ **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 U19: 6 athletes to run with 3 to score
- ◆ Athletes must be registered with AAI for 2013
- ◆ Pacing of athletes will mean disqualification. Please inform club officials and parents.
- ◆ Only athletes **declared** on team sheets will score
- ◆ **Fees:**

Club	Euro 15.00
County	Euro 20.00
Province / Region	Euro 25.00
Individual	Euro 4.00

<p>Entries to: ONLINE</p>	<p>Enquiries to Cross Country Sec.</p> <p>Tony Ennis @ 046 9432724 (H) or Email:</p> <p>moiraaston@athleticsireland.ie</p> <p>Phone: 01-8869933</p>
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Sunday 15th December 2013

REGULATIONS

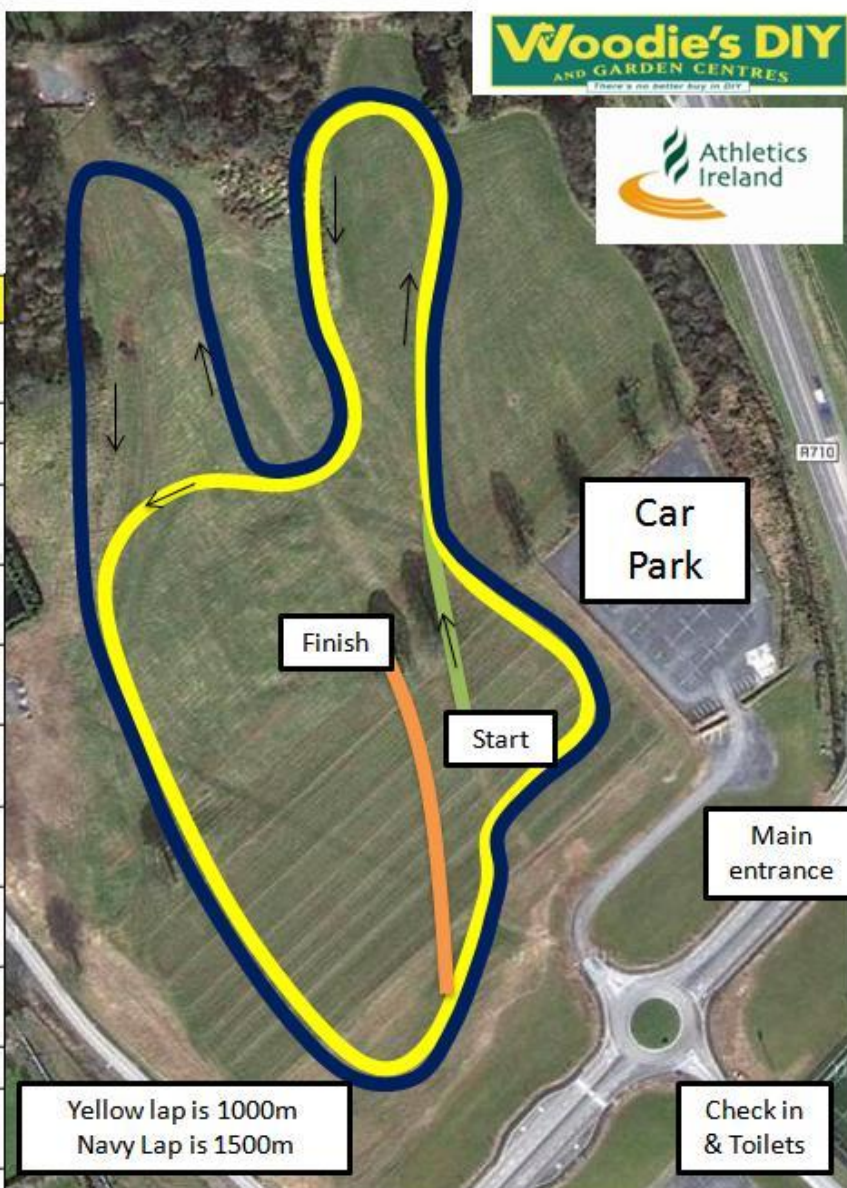
1. Novice athletes must be **19 years of age or over on the 31st December** in the year of competition
2. An athlete who has **never** been an individual medal winner or a scoring member of the winning club or county team at the National Novice Championships.
3. An athlete who has **never** been an individual medal winner or a scoring member of the winning club or county team at National Intermediate Championships
4. An athlete who has **never** been an individual medal winner or a scoring member of the winning club or county team at National Senior Grade A Championship
5. An athlete who has **never** been an individual medal winner at National level in any senior track indoor or outdoor at 1500m and upwards.
6. An athlete who has **never** been an individual medal winner at National level in road event at 1500m and upwards, or
7. An athlete who is a scoring member of the winning club or county team at National Senior Grade A, Road, Cross Country or Track Championships
8. An athlete who has **never** represented Ireland at any IAAF or EAA Senior International Championship.
9. Status of an athlete will not be altered during a cross country season (September to April) other than in the case of an individual win
10. Athletes must be registered for 2013
11. Women's teams are limited to **eight competitors, for both club and county, with four to score**. Not more than 8 plus 3 reserves may be entered.
12. Men's **county teams** are limited to **twelve competitors: with six to score**, not more than 12 plus 3 reserves may be entered
13. Men's **Club Teams** are limited to **eight competitors, with four to score**. Not more than 8 plus 3 reserves may be entered.
14. All competitors must wear official team colours.

Course Map & Location of Services



Uneven Ages & Novice

Event	Distance	Laps	Start Time
G11	1500m	1 Navy	11.30
B11	1500m	1 Navy	11.40
G13	2500m	1 yellow + 1 Navy	11.50
B13	2500m	1 yellow + 1 Navy	12.05
G15	3500m	2 yellow + 1 Navy	12.20
B15	3500m	2 yellow + 1 blue	12.40
G17	4000m	1 yellow + 2 Navy	13.00
B17	5000m	2 yellow + 2 Navy	13.25
G19	4000m	1 yellow + 2 Navy	13.50
B19	6000m	4 Navy	14.15
Novice Women	4000m	1 yellow + 2 Navy	14.45
Novice Men	6000m	4 Navy	15.00



Yellow lap is 1000m
Navy Lap is 1500m

Check in & Toilets