

Chairman: Gerard Heery
Hammondstown, Castlepollard
086 2499886

Secretary: Martin Murphy
Teevrevagh, Castlepollard
086 3365853

Ballinacree
Oldcastle
Co. Meath

Order of Events:

Minor Girls:	1000m	2 Laps
Minor Boys:	1000m	2 Laps
Junior Girls:	1000m	2 Laps
Junior Boys:	1500m	3 Laps
Intermediate Girls:	1500m	3 Laps
Intermediate Boys:	2000m	4 Laps
Senior Girls:	1500m	3 Laps
Senior Boys:	2000m	4 Laps

Rules:

1) The age groups are broken down as follows:

Minor - Under 14 on the 1st of July in the year of competition – i.e. 2015.

Junior - Under 15 on the 1st of July in the year of competition – i.e. 2015.

Intermediate - Under 17 on the 1st of July in the year of competition – i.e. 2015.

Senior - Under 19 on the 1st of July in the year of competition – i.e. 2015.

2) Athletes must run in their own age group except in a team event where ONE athlete from the age group immediately below may complete a team.

3) No athlete may run in more than one race.

4) **Minor & Junior** Boys & Girls races will be **teams of four** to count.

5) **Intermediate & Senior** Boys & Girls races will be **teams of three** to count.