



**Athletics Leinster**

**Cross Country Booklet 2019**

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**Cross Country**

**Championship Booklet**

**2019**

Juvenile Relays, Intermediate & Master Championships

**Contact**

**Leinster Cross Country Secretary**

**Catriona Duffy**

**[athleticsleinsterxcsec@gmail.com](mailto:athleticsleinsterxcsec@gmail.com)**

**2019 Athletics Leinster Cross Country Programme**

<http://www.athleticsleinster.org>



<b>Date</b>	<b>Start Time</b>	<b>Age Category</b>	<b>Venue</b>
<b>Day 1 – Hosted by Gowran AC</b>			
13 <sup>th</sup> January, 2019	12:00 Noon	Juvenile Relays, Intermediate & Masters Event	Gowran, Co Kilkenny

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

Juvenile Relays – 10th January, 2019

Intermediate and Master Championship – 7<sup>th</sup> January, 2019

**2019 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 ie Under for 2019 apply to all Leinster Juvenile competition in this booklet
- 4.

**Age 11 Born 2009**

**Age 12 Born 2008**

**Age 13 Born 2007**

**Age 14 Born 2006**

**Age 15 Born 2005**

**Age 16 Born 2004**

**Age 17 Born 2003**

**Age 18 Born 2002**

**Age 19 Born 2001**

**Age 20 Born 2000**



## **Cross Country Entry Fees**

### **Individual:**

Individual U11 - U16	4.00 Euro
Individual U17 – U19	5.00 Euro
Junior	6.00 Euro
Novice	8.00 Euro
Senior&Intermediate	8.00 Euro
Master	10:00 Euro

### *Teams:*

Club Team	25.00 Euro
County Team	30.00 Euro
Juvenile Relay Team	12.00 Euro

**Please note all fees are plus transaction charge of 4%.**

### **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**

**Payment Options – Online by Credit/Debit Card**

**Entries are not complete until payment has been received.**

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

**[www.athleticsleinster.org](http://www.athleticsleinster.org)**



**Entry & Competition Rules**

**Current Athletics Ireland Registration is mandatory for all athletes.**

**LEINSTER NOVICE**

**(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.

**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.
- **U18/Junior Combined Race** – updated rules from **2017 AGM**  
Scoring in the event is as follows:
  - The first three across the line are placed 1st, 2nd, and 3rd Juniors.
  - That the first twelve U18 athletes (even if they are also placed as Juniors, are placed 1–12 at U18)
  - Junior results will be listed containing the names of all athletes who entered as Juniors.
  - Athletes **MUST** enter for both events.
  - When a Junior race is held in conjunction with a Juvenile Age group event, that athletes be allowed to score on both teams where they have entered both events.
- 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**



- All athletes must be **registered with AAI.**
- U16 athletes will not be eligible to run in Junior age category
- Club singlets must be worn
- First three teams receive medals
- A sub must be declared and present to receive a medal (**cross country juvenile relays – 4 to compete with up to 2 subs per team**)

**Cross Country Juvenile Relays**

<b>Distance</b>	<b>Female</b>	<b>Male</b>	<b>Distance</b>
<b>4 x 250m</b>	<b>12</b>	<b>12</b>	<b>4 x 250m</b>
<b>4 x 500m</b>	<b>14</b>	<b>14</b>	<b>4 X 500m</b>
<b>4 x 500m</b>	<b>16</b>	<b>16</b>	<b>4 x 500m</b>

**2019 Cross Country Distances**

<b>Distance</b>	<b>Female</b>	<b>Male</b>	<b>Distance</b>
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, U20	Jun inc. U18, 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, 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**

Declared Team entry - 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**

**Option 2**

Undeclared Team Entry - all athletes entered individually or on a club team within a County are **automatically** entered in the County Team provided the County has entered a non-declared team online and paid the appropriate fee.



**County Teams**

<b>Enter</b>	<b>Scoring</b>	<b>Age Category</b>	<b>Category</b>
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

**Cross Country AWARDS**

**Juvenile, U11 – U18**

*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

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

### *Championship medals to top*

- 3 individuals in each category
  1. Female O35, O40, O45, O50 and O55
  2. Male O35, O40, O45, O50, O55, O60, O65 and O70
- 3 Club Teams in O35 and O50 category
- 3 County Teams in O35 and O50 category

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

- **Only athletes who are officially entered and have a valid race number are permitted to run. Passing on numbers is not allowed. Any athlete who does this will not be recorded in results and may cause disqualification for team mates/other club athletes and disqualification from future Athletics Leinster Championship events.**





#### **Start Area, Finish Area, Cross Country Course and medal presentation area –**

These areas are for officials and athletes only. COACHES AND PARENTS ARE STRICTLY NOT ALLOWED in these areas at any time. Those found to be in violation of this guideline risk disqualification of their athletes and possibly their club. Please stay outside of the perimeter ropes around the course and areas mentioned at all times.

#### **Photography**

In line with the recommendation in Athletics Ireland's Code of Conduct Leinster Athletics requests that any person(s) wishing to engage in any video, zoom or close-range photography should register their details with Catriona Duffy, Athletics Leinster Road and Cross Country Secretary prior to commencing. It is not advisable that children are photographed or filmed without their permission and/or the permission of their parent/guardian.

#### **Athletics Leinster Appeals Procedure**

Any appeal in the first instance shall be presented in writing to either the competition manager or track referee as appropriate within 15 minutes of the finish of the event.

Appeals will only be accepted when presented by a competent club official citing basis for appeal and any backup evidence. If the initial appeal is unsatisfactory, the decision may then be appealed to a Jury of Appeal accompanied by a fee of €20.00 (refundable in the case of a successful appeal). This appeal must be presented on official appeals form available upon request at 'Check-In', within 20 minutes of the outcome of the initial appeal.

The Jury of Appeal shall, in the first instance, be comprised of the Leinster Chairperson, the Leinster Road and Cross Country Secretary and the Track Referee on the day. In the case of a conflict of interest on any matter an alternate shall replace the conflicted member(s) for the determination of that issue. In the event that any member/alternate of first instance is unavailable on the day of competition they may be substituted by the Leinster Vice-Chairman, the Leinster Treasurer or such other Leinster Officers as are present on the day, as appropriate.

All appeals will be dealt with on the day. The ruling of the Jury of Appeal shall be final.



## Athletics Leinster

### Cross Country Booklet 2019

#### Respect –

**Athletics Leinster Officials and Club Officials who are vital in ensuring our Championships can take place and run smoothly are to be shown respect at all times. Athletes, parents/guardians and coaches are to ensure that if they have a grievance the proper appeal procedure is used. Verbal or physical abuse will not be tolerated and will be reported to your club officials and followed up by Athletics Leinster.**



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**Appeals Form**

<b>Date:</b>	<b>Time:</b>
<b>Athlete Name:</b>	
<b>Club:</b>	
<b>Event:</b>	
<b>Details</b>	
<b>Club Official:</b>	<b>Role:</b>
Appeal Fee 20€ (refundable in the case of a successful appeal)	

Please direct any queries to the Athletics Leinster Road and Cross Country Secretary  
Catriona Duffy by email at [athleticsleinsterxcsec@gmail.com](mailto:athleticsleinsterxcsec@gmail.com)



## Athletics Leinster

### Cross Country Booklet 2019

#### 2018 Leinster Officers (AGM February 2019)

Chair	Philip Cogavin
Vice Chair	Pat Hooper
Secretary & Registrar	Larry Dunne
Treasurer	Frank Kilrane
Assistant Treasurer	Mary Dwyer
Outdoor Track & Field Competition Secretary	James Welsh
Road & Cross Country	Catriona Duffy
Indoor Secretary	Andrew Lynam
Coaching & Development Officer	Fintan Reilly