



Athletics Leinster

Cross Country Booklet 2015

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Cross Country

**Championship Booklet
2015**

Contact

Leinster Cross Country Sec.

Catriona Duffy

athleticsleinsterxcsec@gmail.com



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2015 Athletics Leinster Cross Country Programme			
Date	Start Time	Age Category	Venue
Day 2 – Hosted by Na Fianna			
October 25 th 2015	11:00 am	Even Ages, Novice & Masters	Moyvalley Hotel & Golf Resort, Balyna Estate, Moyvalley, Co. Kildare
Day 3 – Hosted by United Striders			
November 8 th 2015	12:00 Noon	Un-Even Ages & Intermediate	John F Kennedy Memorial Park and Arboretum, New Ross, Co. Wexford

Closing Dates:- (All entries are online with cheque payment)

Even, Novice and Masters - 18th October, 2015

Un-Even and Intermediate – 1st November, 2015

2015 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 2015 apply to all Leinster Juvenile competition in this booklet

Age 11 Born 2005

Age 12 Born 2004

Age 13 Born 2003

Age 14 Born 2002

Age 15 Born 2001

Age 16 Born 2000

Age 17 Born 1999

Age 18 Born 1998

Age 19 Born 1997

Age 20 Born 1996



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Cross Country Entry Fees

Juvenile:

Individual	3.50 Euro
Club Team	15.00 Euro
County Team	20.00 Euro

Novice, Intermediate & Master:

Individual	6.00 Euro
Club Team	15.00 Euro
County Team	20.00 Euro

Gate Admission:

5.00 Euro P/P

Online Entry Only – No paper entries

All entries via the following link which is available on the Athletics Leinster website:-

<https://events.athleticsireland.ie/ps/login>

www.athleticsleinster.com

Payment by cheque to: Leinster Entries
Sports Development Project
Claremont Stadium
Commons Road
Navan
Co Meath

Include the following information with your payment:-

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.

Latest date for payment – 21st October, 2015 for Even Ages, Novice & Masters

Latest date for payment – 4th November, 2015 for Un-Even Ages &

Intermediate**



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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**



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2015 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
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	Boys & Girls
10	4	Novice	Men & Women
10	4	Intermediate	Men & Women
10	4	Masters	Men
10	3	Masters +50	Men
10	3	Masters	Women
10	3	Masters +50	Women



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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 declare athletes running for the County Team via the online entry system with the appropriate team entry fee by cheque to address in payment section. Only athletes declared on the '**County Team Entry**', as completed by the **County Sec.** are eligible to score for the County Team.

No changes on the day to named county teams

If the 'County Team Entry' is **NOT** completed and returned, Athletes and Counties are **automatically** categorised as Option #2, below. Payment is still due by cheque outlining the county teams being entered or teams will not be counted on day of competition.

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	18,19,20	Boys & Girls
15	6	Novice	Men
15	4	Novice	Women
15	6	Intermediate	Men
15	4	Intermediate	Women
15	4	Masters	Men
15	3	Masters	Women

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 all athletes and email athleticsleinsterxcsec@gmail.com with confirmation that you are availing of Option 2, state the age categories being entered and payment must be sent to address in payment section stating the same information.



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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 (*Master Medals will **not** be awarded on the day of Competition*)

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/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.



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2015 Leinster Officers	
Chair	Carmel Kelly
Vice Chair	Jim Corcoran
Secretary & Registrar	Mary Dwyer
Treasurer	Michael Tynan
Assistant Treasurer	Norah McDermott
Outdoor Track & Field Competition Secretary	Nicola Welsh
Road & Cross Country	Catriona Duffy
Coaching & Development Officer	Bernie Kavanagh
Andrew Lynam	Indoor Secretary