

Autumn Open International Cross Country

Dublin October 16th 2016

The following is some general information for international athletes travelling to the above meeting:

- There is a small budget available to assist a limited number of international athletes with travel and accommodation
- It is hoped to make this an annual event on the calendar
- It is important to note that the team hotel (Crowne Plaza, Blanchardstown tbc) is 5k from Dublin Airport and 2k from the course. It will be possible to book returning flights from Dublin Airport on Sunday from **5.30pm onwards**.

Athletics Ireland will cover the following costs for international athletes who have achieved the guideline standards listed below:

- €100 contribution to flights (athletes/federations book their own flights)
- 1 night (Saturday) accommodation in twin room (sharing). Exceptionally, where flights are unavailable, accommodation will be provided for Sunday night.
- Dinner Saturday / Breakfast and lunch Sunday
- Airport collection and return
- Transport to course and return
- The flight contribution is for senior men and women only, accommodation and other conditions applies to men and women **and** under 20's.

Refunds on flights will be paid directly to the athlete on the day or the federation by electronic transfer.

Prize Money:

- **Men and Women individuals: 1st €500; 2nd €400; 3rd €300; 4th €200; 5th €100**
- **Under 20 men and women: 1st €150; 2nd €100; 3rd €50**

The prize money will be paid directly to the athletes after the event

Guideline Minimum Performance Standards:

Senior Men: 3000 metres 8.00; 5000 metres/5k 14.10; 10000 metres/10k 29.30 or equivalent performance

Senior Women: 3000 metres 9.30; 5000 metres/5k 16.30; 10000 metres/10k 34.30 or equivalent performance

Under 20 Men: 3000 metres 8.30; 5000 metres/5k 14.50

Under 20 Women: 3000 metres 9.50; 5000 metres/5k 17.00

Event Timetable:

Event	Distance	Start Time
U10 Girls	1000m	11.00am
U10 Boys	1000m	11.10am
U12 Girls	2000m	11.20am
U12 Boys	2000m	11.35am
U14 Girls	3000m	11.50am
U14 Boys	3000m	12.10am
U16 Girls	4000m	12.25am
U16 Boys	4000m	12.45pm
U18 Girls	4000m	1.05pm
U18 Boys	6000m	1.25pm
Women Senior 6000m Women Masters 35-64 6000m Men Masters 65+ 6000m Women Junior (U20) 4000m Women Masters 65+ 4000m	6000m/4000m	2.00pm
Men Senior 8000m Men Masters 35-64 8000m Men Junior (U20) 6000m	8000m/6000m	2.35pm

If you need further information or have any other queries please contact:

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