



Inter County Cross Country – 17th November – Santry Park

The closing date for entries is 8th November 2013.

Amendments will be accepted by the office until 5pm on Tues 12th November.

Entry Fees Jun/U23/Sen: €45.00 per team - €15.00 per individual

Entry Fees Juvenile: Club €15.00; County €20.00; Province/Region €25.00; Individual €4.00

REGULATIONS – Jun/Sen/U23

1. Athletes must be registered with Athletics Ireland or Athletics Northern Ireland for 2013
2. Men's Teams are limited to TWELVE competitors with SIX to score. No more than 15 may be entered **(12 plus 3 reserves)**
3. Womens Teams are limited to EIGHT competitors with FOUR to score. No more than 11 may be entered **(8 plus 3 reserves)**
4. All Competitors must wear County Colours
5. **Junior Athletes** must be aged 16 years or over and under 20 years on 31st Dec in year of competition **(Born 1994, 95, 96, 97)**
6. **Senior Athletes** must be aged 18 years or over on 31st December in the year of competition
7. **U23 Athletes** must be over 20 and under 23 on 31st December in the year of competition **(Born 1991, 92 & 93)**
8. **U23 ATHLETES MUST DECLARE**
9. Only those athletes (including reserves) named on the entry form will be allowed to compete
10. Birth Certificates may be requested

REGULATIONS – Juveniles

1. Start Time 11.30
2. Athletes may move up one age group
3. Spot Checks will be undertaken
4. First **4** club teams in the 11 -16 age group all must have competed in the Provincial / Region Cross Country Championships.
5. First 3 Teams from Munster, Ulster, Connaught, 4 from Leinster region and 1 Team from Region of Dublin qualify for County Teams.
6. 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

7. Athletes must be registered with AAI for 2013
8. Pacing of athletes will mean disqualification. Please inform club officials and parents.
9. Only athletes **declared** on team sheets will score
10. It is strongly recommended that athletes wear the correct footwear.

Event Schedule		
Event	Distance	Start Time
Girls U12	2000m	11.30
Boys U12	2000m	11.43
Girls U14	3000m	11.55
Boys U14	3000m	12.10
Girls U16	4000m	12.25
Boys U16	4000m	12.43
Girls U18 & Junior Women	4000m	13.00
Boys U18 & Junior Men	6000m	13.20
Senior Women	8000m	13.45
Senior Men	10,000m	14.25