



Athletic Association of Ireland

Juvenile 'B' Cross Country

Championships of Ireland 2010

Lough Key is situated on the main Dublin to Sligo road about 5 miles from Carrick on Shannon. The venue can be viewed on www.loughkey.ie

Entry Form Inter Club Team

Ages 11, 13, 15, 17, 19

Year 2009 age groups apply

		Girls	Boys
Under 11	Born 1999	800m	800m
Under 13	Born 1997	1000m	1200m
Under 15	Born 1995	1500m	2000m
Under 17	Born 1993	1500m	4000m
Under 19	Born 1991	3000m	5000m

Lough Key Forest Park, Roscommon

21st February 2010

Starting Time 11.30am

Closing Date for Entries Monday 15th February 2010





Juvenile 'B' Cross Country Championships

Inter Club Entry Form

Club: _____

Age Group: **Boys:** **U11** **U13** **U15** **U17** **U19**

Girls: **U11** **U13** **U15** **U17** **U19**

2010 Reg. No.	Name	D.O.B

All athletes must be registered for 2010

Secretary _____

Contact Email/Phone _____

No entry fee:

Regulations

- Open to all athletes who ***have not won a medal*** in Kilbeggan (Even Ages) or Coleraine (Uneven Ages). **Please note information re Boy's U13 and Girls U15 races in Coleraine will follow**
- Max. of 8 athletes per team to run with 4 to Score
- Girls under 19 Max. of 6 athletes per team to run with 3 to Score
- Individual entries are permitted in 'B' Championships
- Athletes may compete in one race only on the day
- Please return completed entry form on or before **15th February 2010**

to:

AAI Office

19 Northwood Court, Northwood Business Campus, Dublin 9



Athletic Association of Ireland

Juvenile Cross Country

Inter County (B)

Ages 11-13-15-17-19

County _____

Age Group:	Boys:	U11 <input type="checkbox"/>	U13 <input type="checkbox"/>	U15 <input type="checkbox"/>	U17 <input type="checkbox"/>	U19 <input type="checkbox"/>
	Girls:	U11 <input type="checkbox"/>	U13 <input type="checkbox"/>	U15 <input type="checkbox"/>	U17 <input type="checkbox"/>	U19 <input type="checkbox"/>

County Secretaries please indicate with which teams you wish to enter

	Girls	Boys
Under 11	800m <input type="checkbox"/>	800m <input type="checkbox"/>
Under 13	1000m <input type="checkbox"/>	1200m <input type="checkbox"/>
Under 15	1500m <input type="checkbox"/>	2000m <input type="checkbox"/>
Under 17	1500m <input type="checkbox"/>	4000m <input type="checkbox"/>
Under 19	3000m <input type="checkbox"/>	5000m <input type="checkbox"/>

Signed: _____ Date _____



Athletic Association of Ireland

Juvenile Inter County (B) Cross Country

REGULATIONS

- Distances

		Girls	Boys
Under 11	Born 1998	800m	800m
Under 13	Born 1996	1000m	1200m
Under 15	Born 1994	1500m	2000m
Under 17	Born 1992	1500m	4000m
Under 19	Born 1990	3000m	5000m

- Open to all athletes who ***have not won a medal*** in Kilbeggan (Even Ages) or Coleraine (Uneven Ages). {Individual, Club or County Team or Provincial / Region]
- **Please note information re Boy's U13 and Girls U15 'A' races in Coleraine will follow**
- **Entry Fee has been waived for this event**
- Athletes may compete in **one** race only on the day, either the 'B' Cross or Inter County Relay
- Year 2009 ages apply
- **First 6 athletes pass the finish line constitutes a County Team for this event. No nominated teams will be taken this year to allow for the amalgamation of the 'A' & 'B' races. Explanation sheet to follow.**