Intermediate Cross Country Championships of Ireland

5th February 2012

Lough Key Forest Park, Roscommon

No **Check in: Lough Key Centre (at least** 1 hour prior to event)

Please Tick category

Intermediate Inter County Women ☐ Club Women ☐ **(4,000m)** 14.50
Intermediate Inter County Men ☐ Club Men ☐ **(10,000m)** 15.10

County Teams Women: 8 to Run: 4 to Score: County Teams Men: 12 to Run: 6 to Score
Club Teams Women: 8 to Run: 4 to Score: Club Teams Men: 8 to Run: 4 to Score

County _____

Club:_____ **Colours:**_____

Closing Date for Postal Entries: Friday 27th January 2012

2012 AAI Reg. No.	Full Name (Please Print)	Club if County Team	D.O.B	Office Ref.

RESERVES

- **Entry Fee: € 45.00 per team - € 15.00 individual Late Entry Fee: € 50.00**

*Athletes must be registered with AAI for 2012 season * All competitors must wear Club/County colours.

I certify that those named above are properly registered and eligible to represent this club.

SIGNED: _____ ____Sec/Chairman **Phone contact:** _____

Return to: 19 Northwood Court, Northwood Business Campus, Dublin 9

Intermediate Cross Country Definition

1. Intermediate athletes must be 20 years of age or over on the 31st December in the year of competition
2. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Intermediate Championships
3. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Senior Grade A Championships
4. An athlete who has never been an individual medal winner at National level in any senior track indoor or outdoor at 1500m and upwards.
5. An athlete who has never been an individual medal winner at National level in road event at 1500m and upwards, or a scoring member of the winning club or county team at National Senior Grade A Championships
6. An athlete who has never been on a representative team at Senior International Level.
7. Status of an athlete will not be altered during a cross country season (September to April) other than in the case of an individual win

Doping is cheating AAI is committed to Drugs Free Sport