



Masters Cross County Championships of Ireland



5th February 2012

Lough Key Forest Park, Roscommon

Start Time: Master Women 14.00: Master Men: 14.20

No Entry on the Day: Online entry @ www.athleticsireland.ie

Please note change to category under regulations

County Team _____

Club Team: _____ Colours: _____

Please Tick category

Women: (4,000m) Club Teams : 8 to Run: 4 to Score: Inter County Teams: 8 to Run: 4 to Score:
Team Category (1) W40 + Team Category (2) W50 +

Individual: W35 W40 W45 W50 W55 W60 W65 W70 W75

Men: (7,000m) Club Teams: 8 to Run: 4 to Score: County Teams : 12 to Run: 6 to Score

Team Category (1) M40 + Team Category (2) M50 +

Individual: M35 M40 M45 M50 M55 M60 M65 M70 M75

Closing Date for Entries: Friday 27 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 - Late Entry Fee: € 50.00 - € 15.00 individual

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

Master Women Regulations

Please Note: The category for Masters has been changed by the IAAF back to M35 /W35, we are accepting this change for individual medals, but cannot allow the M35/W35 to compete on the teams until a motion is put to and passed by Congress, April 2012.

1. Late entries will only be accepted on payment of late entry fee. Entries without fee or Registration Number will not be accepted. **Late entry fee: €50.00**
2. Teams are limited to **Eight** competitors with **Four** to score. Not more than 11 (8 plus 3 reserves) must be entered
3. Club/County colours must be worn. Singlet and shorts must conform to IAAF Rules
4. Athletes become Masters on their 40th Birthday
5. All categories are determined by the athletes date of birth
6. **Only those athletes** (including reserves) named on the entry form will be allowed to compete.
7. Birth Certificates may be requested
8. Please indicate category, W35, W40, W45, W50, W55, W60, W65 and W70. Unless otherwise stated it is understood you are competing in **category W35**

Master Men Regulations

Please Note: The category for Masters has been changed by the IAAF back to M35 /W35, we are accepting this change for individual medals, but cannot allow the M35/W35 to compete on the teams until a motion is put and passed by Congress, April 2012.

1. Late entries will only be accepted on payment of late entry fee. Entries without fee or Registration Number will not be accepted. **Late entry fee €50.00**
2. Club Teams are limited to **Eight** competitors with **Four** to score. Not more than 11 (8 plus 3 reserves) must be entered.
3. County Teams are limited to **Twelve** Competitors with **Six** to score. Not more than 15 (12 plus 3 reserves) must be entered.
4. Club colours must be worn. Singlet and shorts must conform to IAAF Rules
5. Athletes become Masters on their 35th Birthday
6. All categories are determined by the athlete's date of birth
7. **Only those athletes** (including reserves) named on the entry form will be allowed to compete.
8. Birth Certificates may be requested
9. Please indicate category, M40, M45, M50, M55, M60, M65, M70 & M75. Unless otherwise stated it is understood you are competing in **category M35**

Disclaimer

All athletes understand they enter the event at their own risk and that AAI will not be responsible for any accident suffered or injury sustained by them from any cause whatsoever.