

**National Novice
&
Juvenile Uneven Age
Cross Country Championships**

**Navan Racecourse
Sunday 3rd December 2023**

Eircode: C15 A623

Event Start time: 11:30am

Check-in 90 min before event

(Check-in Closes 45min before event start time)

Juvenile Regulations:

WA Rules apply.

Club singlets and appropriate footwear must be worn.

Athletes may move up one age group only, U10 may run U11 Cross Country.

All entries must be approved by the Regional Secretaries

Regional Secretaries must forward a copy of the regional results to Head Office

Qualifiers:

Top 12 from each Region

The first four (4) club teams in the 11-19 age group all must qualify for their Regional Cross-Country Championships.

Three (3) teams each from Munster, Ulster, Connaught, 4 from Leinster and 1 Team from the Region of Dublin qualify for County Teams

In the 17-19 age groups **individual** open entry will apply provided the athlete has been entered in the Regional Cross-Country Championships.

There is no open entry for Club or County Juvenile teams.

Open entries must be with Nationals at closing date for competition.

Teams:

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.

All athletes must be registered.

Pacing of athletes will mean disqualification. Please inform club officials and parents.

Only athletes declared on the team sheets will score.

Spot Checks will be undertaken.

No electronic devices are allowed at any time in the call up area or competition.

Medals:

First 12 Individuals

First 3 Regional, County and Club Teams, 6 medals awarded.

Novice Regulations:

Entries open to all AAI members

Novice athletes must be 19 years of age or over on the 31st of December in the year of competition.

An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at the National Novice Championships

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

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 Championship

An athlete who has never been an individual medal winner or a scoring member of the winning club at National Senior 4000m Championship. (2016 onwards)

An athlete who has never been an individual medal winner at National level in any senior track indoor or outdoor at 1500m and upwards

An athlete who has never been an individual medal winner at National level in road event at 1500m and upwards, or

An athlete who is a scoring member of the winning club or county team at National Senior Grade A, Road, Cross Country, or Track Championships

An athlete who has never represented Ireland at any World Athletics or EAA Senior International Championship

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.

Athletes can run as individual and as part of a team, **all athletes entered as part of a team are deemed to have entered individually as well.**

Team events:

Athletes can be entered on a single club & a single county team only.

Teams can have unlimited subs on the day of the event.

County Teams have the option of not declaring individuals on the team in which case the first scoring athletes across the line will be made a team.

Club teams entered by club secretaries only.

County teams entered by county secretaries only, Including non-declared teams.

Inter Club & County	Distance	Club max no.	Club min no.	County max no.	County min no.
Novice Men	6,000m	8	4	12	6
Novice Women	4,000m	8	4	8	4

Registration:

All registration via entry4sports Portal

Novice Entries	930
Juveniles Entries	931

Restrictions:

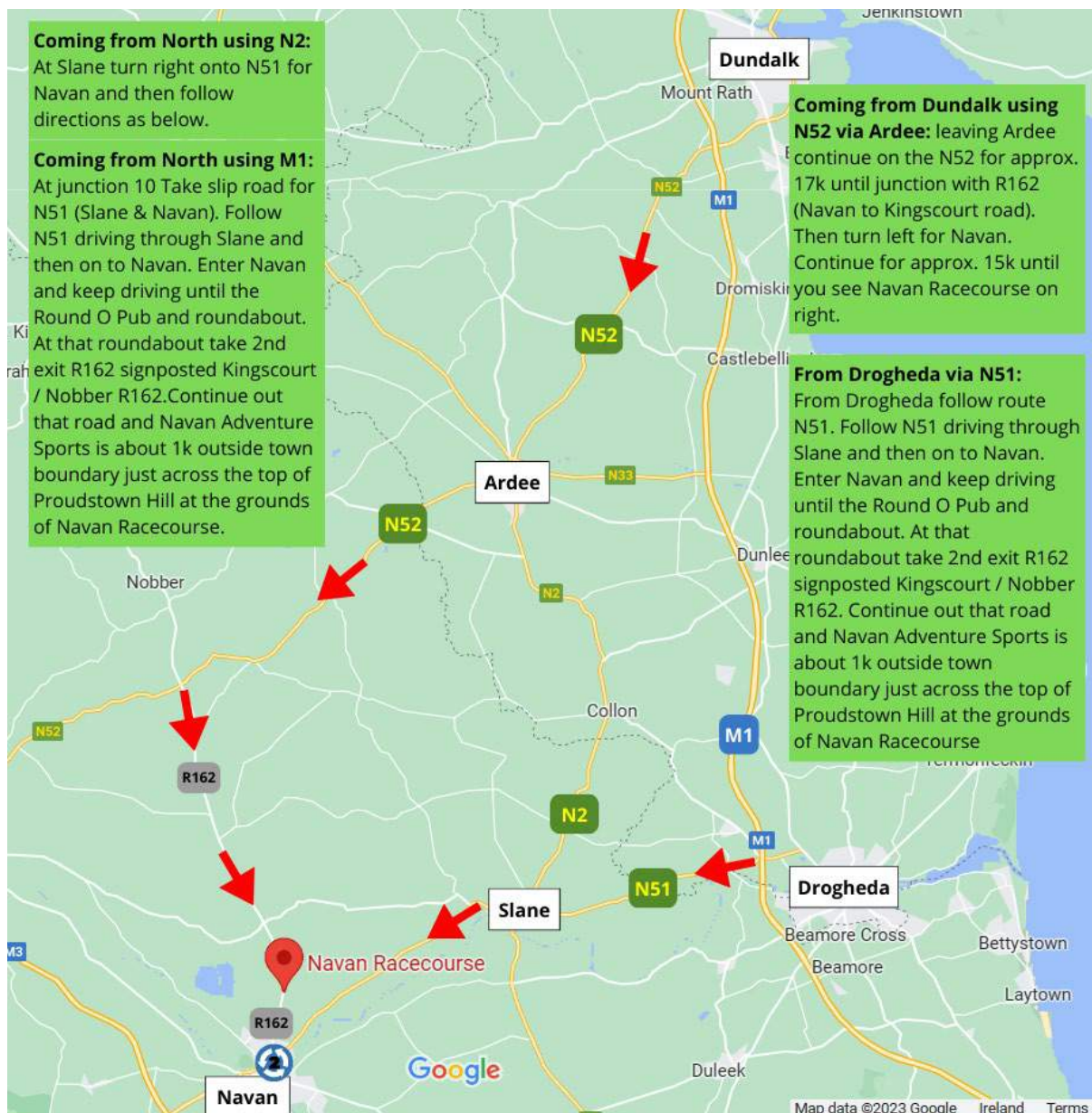
No dogs are allowed on site except for guide dogs.

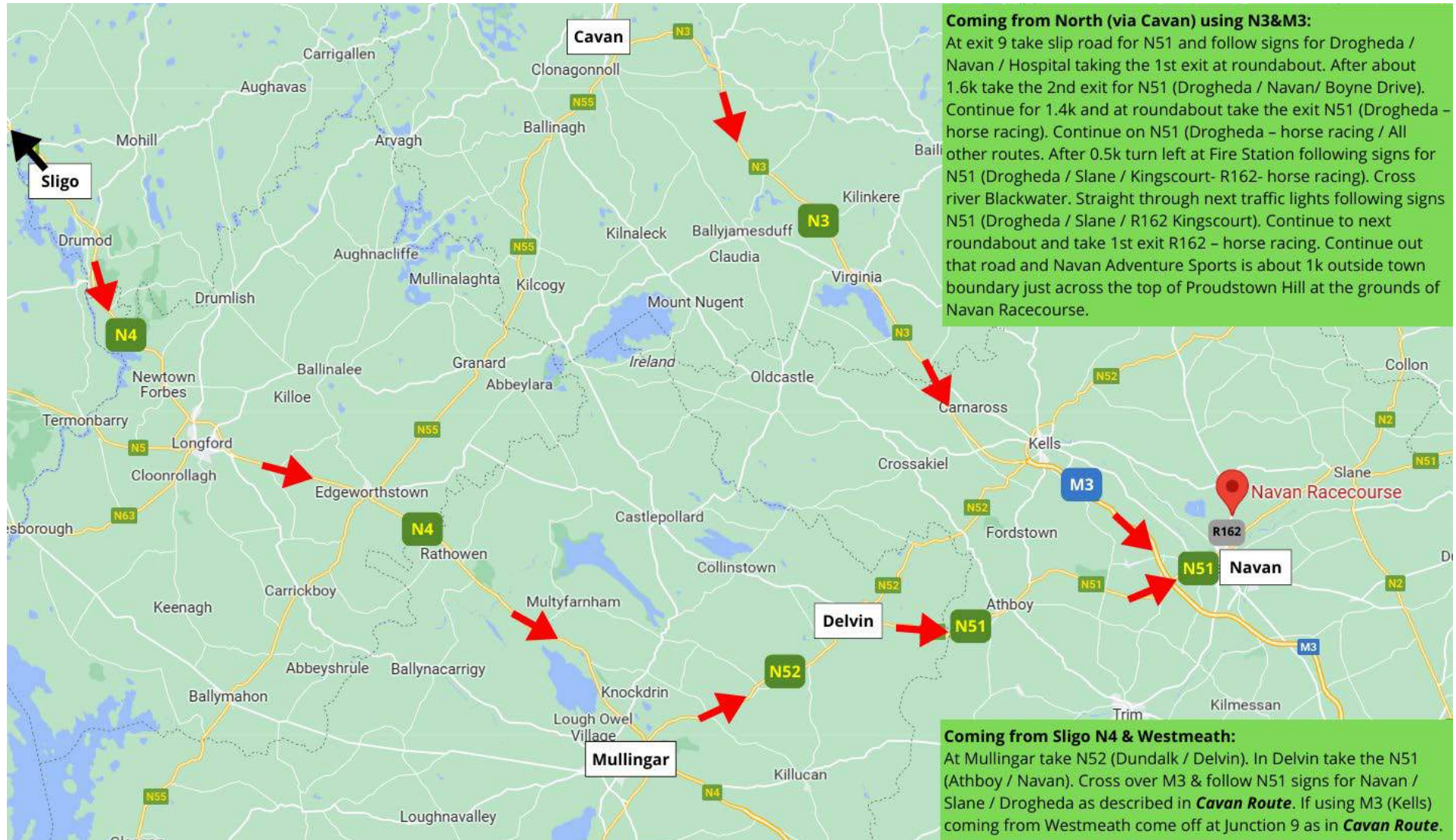
Directions to the Navan Racecourse:

Using Sat-Nav:

53°40'59.5"N 6°40'24.3"W

Or Google Maps: Navan Adventure Sports or Navan Racecourse



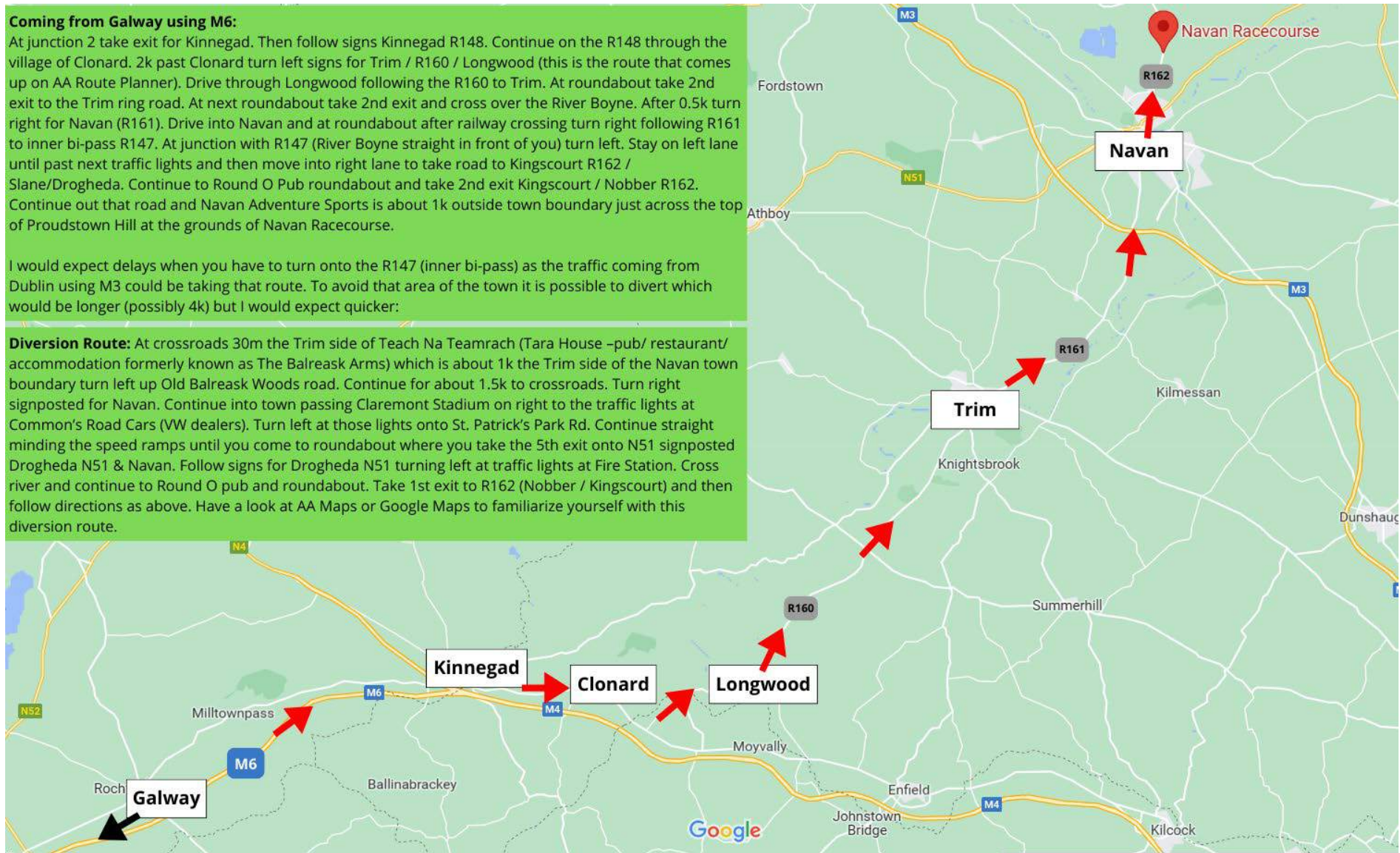


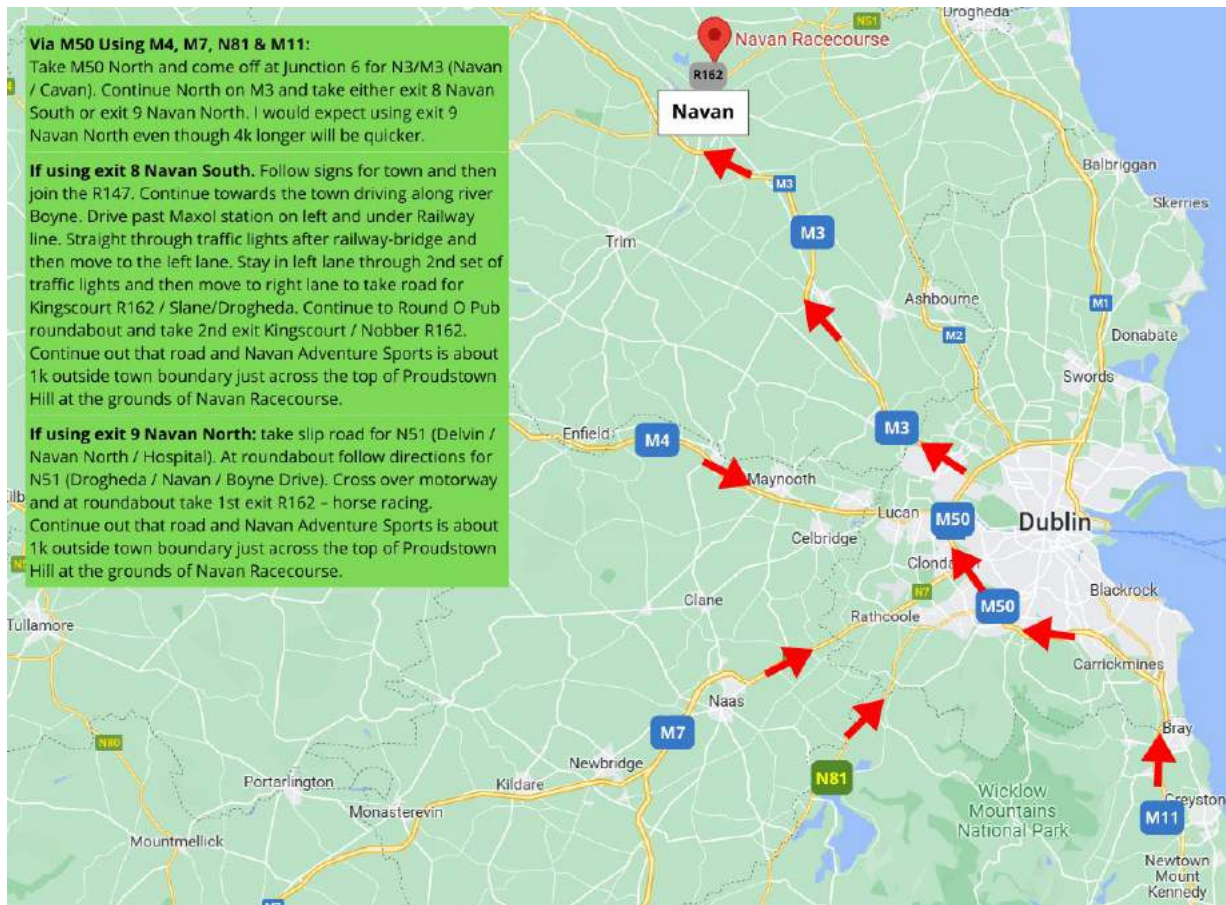
Coming from Galway using M6:

At junction 2 take exit for Kinnegad. Then follow signs Kinnegad R148. Continue on the R148 through the village of Clonard. 2k past Clonard turn left signs for Trim / R160 / Longwood (this is the route that comes up on AA Route Planner). Drive through Longwood following the R160 to Trim. At roundabout take 2nd exit to the Trim ring road. At next roundabout take 2nd exit and cross over the River Boyne. After 0.5k turn right for Navan (R161). Drive into Navan and at roundabout after railway crossing turn right following R161 to inner bi-pass R147. At junction with R147 (River Boyne straight in front of you) turn left. Stay on left lane until past next traffic lights and then move into right lane to take road to Kingscourt R162 / Slane/Drogheda. Continue to Round O Pub roundabout and take 2nd exit Kingscourt / Nobber R162. Continue out that road and Navan Adventure Sports is about 1k outside town boundary just across the top of Proudstown Hill at the grounds of Navan Racecourse.

I would expect delays when you have to turn onto the R147 (inner bi-pass) as the traffic coming from Dublin using M3 could be taking that route. To avoid that area of the town it is possible to divert which would be longer (possibly 4k) but I would expect quicker:

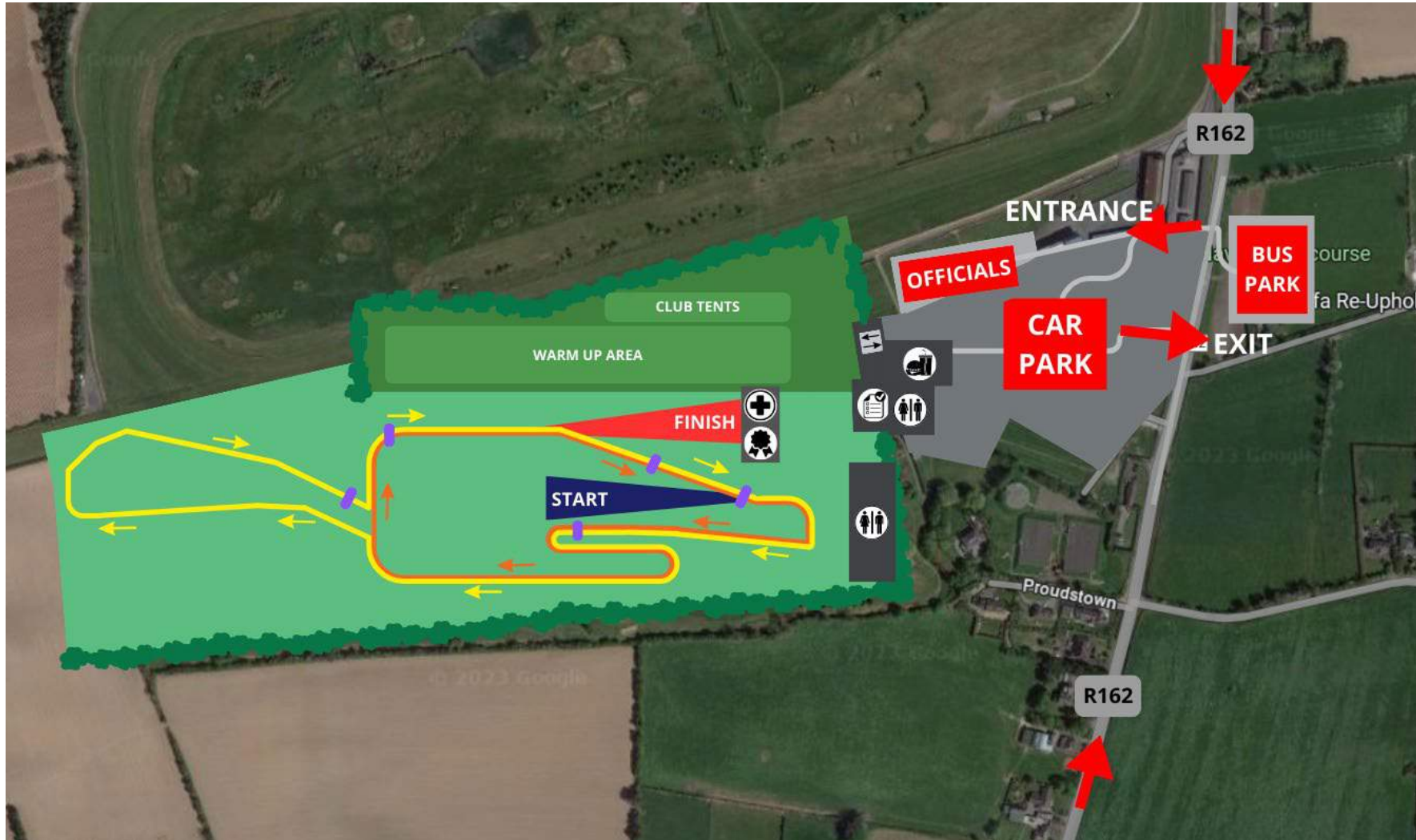
Diversion Route: At crossroads 30m the Trim side of Teach Na Teamrach (Tara House –pub/ restaurant/ accommodation formerly known as The Balreask Arms) which is about 1k the Trim side of the Navan town boundary turn left up Old Balreask Woods road. Continue for about 1.5k to crossroads. Turn right signposted for Navan. Continue into town passing Claremont Stadium on right to the traffic lights at Common's Road Cars (VW dealers). Turn left at those lights onto St. Patrick's Park Rd. Continue straight minding the speed ramps until you come to roundabout where you take the 5th exit onto N51 signposted Drogheda N51 & Navan. Follow signs for Drogheda N51 turning left at traffic lights at Fire Station. Cross river and continue to Round O pub and roundabout. Take 1st exit to R162 (Nobber / Kingscourt) and then follow directions as above. Have a look at AA Maps or Google Maps to familiarize yourself with this diversion route.



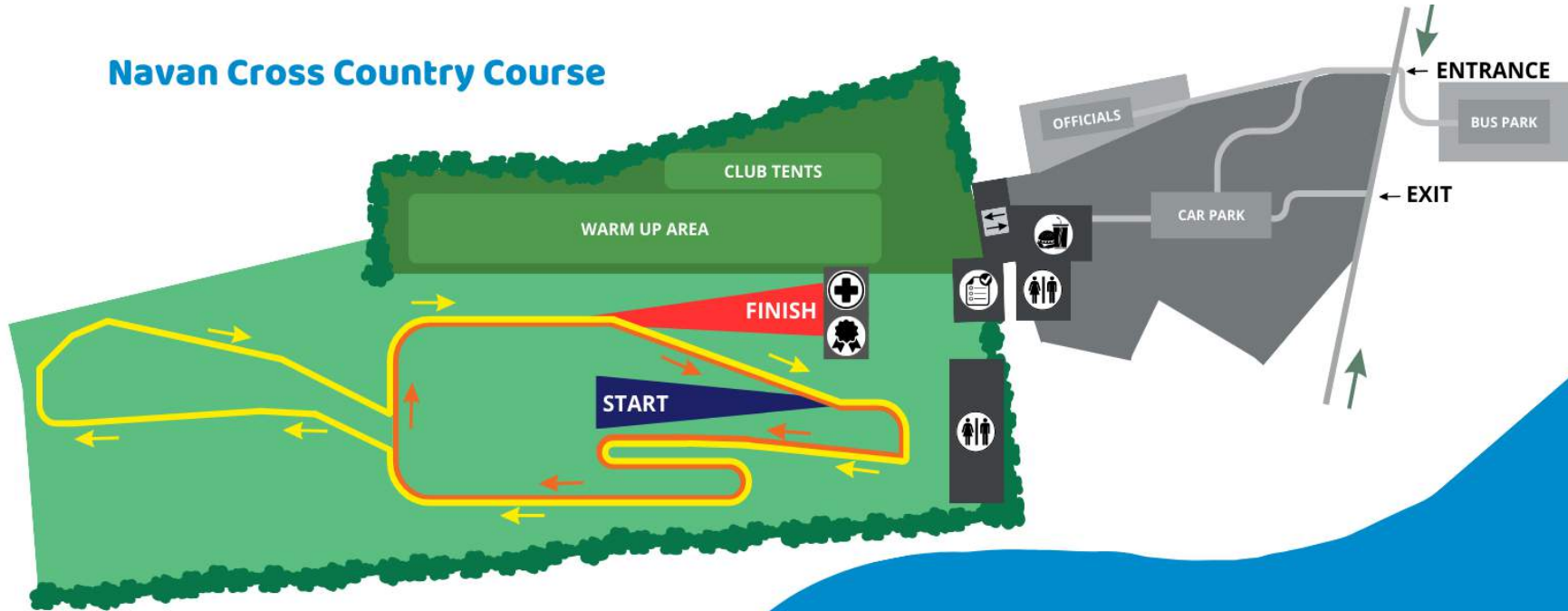


Parking

A one-way system will be in operation for entering and exiting the venue.



Navan Cross Country Course



DISTANCES

- 1,500m
- 1,000m

LEGEND

- Food & Beverages
- Check-in
- Toilets
- First Aid
- Results



National Novice & Juvenile Uneven Age Cross Country Championships

Age Group	Distance	Lap
U11 Girls	1500m	●
U11 Boys	1500m	●
U13 Girls	2500m	● ●
U13 Boys	2500m	● ●
U15 Girls	3500m	● ● ●
U15 Boys	3500m	● ● ●
U17 Girls	4500m	● ● ●
U17 Boys	4500m	● ● ●
U19 Girls	5000m	● ● ● ●
U19 Boys	5000m	● ● ● ●
Novice Women	4000m	● ● ●
Novice Men	6000m	● ● ● ●

EVENT TICKETS



**123.ie National Novice and
Uneven Age Cross Country
Championships**

Event	Distance	Start Time
GIRLS U11	1500m	11:30am
BOYS U11	1500m	11:40am
GIRLS U13	2500m	11:50am
BOYS U13	2500m	12:05pm
GIRLS U15	3500m	12:20pm
BOYS U15	3500m	12:40pm
GIRLS U17	4500m	13:00pm
BOYS U17	4500m	13:35pm
GIRLS U19	5000m	14:00pm
BOYS U19	5000m	14:20pm
NOVICE WOMEN	4000m	14:40pm
NOVICE MEN	6000m	15:10pm



123.IE NATIONAL NOVICE & UNEVEN AGE CROSS COUNTY CHAMPIONSHIPS
NAVAN RACECOURSE, PROUDSTOWN RD, NAVAN, CO. MEATH, C15A623