

**Woodie's DIY Inter County & Juvenile Even Ages
Cross Country Championships of Ireland**

Gransha Park, Derry

Sunday 28th November 2010

11.30 am

Changing, Parking & Presentation in Gransha Park.



Novice & Juvenile Cross Country Championships of Ireland

Tullamore, Offaly

Sunday 19th December 2010

11.30 am

Changing, Parking & Presentation in Tullamore Harriers



AAI Cross Country Timetables 2010

EVEN AGES

Event	Distance	Start Time
Girl's U12	2000m	11.30
Boy's U12	2000m	11.43
Girl's U14	3000m	11.55
Boy's U14	3000m	12.10
Girl's U16	4000m	12.25
Boy's U16	4000m	12.43
Girl's U18	5000m	13.00
Boy's U18 & Junior Men	6000m	13.25
Senior Women	8000m	13.50
Junior Women	4000m	14.30
Senior Men	10,000m	14.50

Uneven Ages & Novice

Event	Distance	Start Time
G11	1.500m	11.30
B11	1.500m	11.40
G13	2.500m	11.50
B13	2.500m	12.05
G15	3.500m	12.20
B15	3.500m	12.40
G17	4.500m	13.00
B17	5,000m	13.25
G19	5,000m	13.50
B19	7,000m	14.15
Novice Women	3,000m	14.45
Novice Men	6,000m	15.00

Juvenile Cross Country Championships of Ireland

Ages / Distances

	Born	Girls	Boys
Under 11	2000	1500m	1500m
Under 12	1999	2000m	2000m
Under 13	1998	2500m	2500m
Under 14	1997	3000m	3000m
Under 15	1996	3500m	3500m
Under 16	1995	4000m	4000m
Under 17	1994	4500m	5000m
Under 18	1993	5000m	6000m
Under 19	1992	5000m	7000m

Regulations

- ◆ **Regions must enclose a full copy of regional results with entries to competition secretary and also to the office**
- ◆ Start Time 11.30
- ◆ Athletes may move up one age group
- ◆ Spot Checks will be undertaken
- ◆ First 4 club teams in the 13 -16 age group all must have competed in the Provincial / Region Cross Country Championships.
- ◆ Four 3 Teams from Munster, Ulster, Connaught, 4 from Leinster region and 1 Team from Region of Dublin qualify for County Teams
- ◆ 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
- ◆ Athletes must be registered with AAI for 2010
- ◆ Pacing of athletes will mean disqualification. Please inform club officials and parents.
- ◆ Only athletes **declared** on team sheets will score
- ◆ **Fees:**

Club	Euro 15.00
County	Euro 20.00
Province / Region	Euro 25.00
Individual	Euro 4.00

Entries to: Competitions 19 Northwood Court Northwood Business Campus Dublin 9	Enquiries to Cross Country Sec. Tony Ennis @ 046 9432724 (H) or Email: berniedunne@athleticsireland.ie (AAI) Ph: 087 9830567
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