



APPLICATION FOR THE RE-GRADING OF CROSS COUNTRY ATHLETE

Results are subject to verification.

Have you ever represented Ireland in athletics? Yes No

If yes please give details

I guarantee that the above information is accurate.

Signed: _____ Date: _____

CLOSING DATE FOR RECEIPT OF APPLICATION FORM IS MONDAY 6TH OCTOBER 2014

Return application to: Competition, 19 Northwood Court, Northwood Business Campus,
Santry, Dublin 9

Or email: competition@athleticsireland.ie



APPLICATION FOR THE RE-GRADING OF CROSS COUNTRY ATHLETE

Guidelines for Re Grading of Cross Country Athlete

Who is eligible for consideration

An athlete who lost their Novice /Intermediate status in years preceding 2010 for Cross Country and has never represented Ireland at any IAAF or EAA Senior International Competition

Or

An athlete who has not competed in the National Cross Country Championships in the last 4 years and has never represented Ireland at any IAAF or EAA Senior International Competition

Criteria for consideration

Senior

1. An athlete who has never held an individual medal 1st,2nd,3rd in Senior Cross Country Championships or
2. An athlete who was never a scoring member of the winning club or county team at National Senior Grade A Championships or
3. An athlete who finished outside top 20 in Inter Counties or top 40 Inter Clubs Championships.

Intermediate

1. An athlete who has never held an individual medal 1st,2nd,3rd in Intermediate Cross Country Championships or
2. An athlete who was never a scoring member of the winning club or county team at National Intermediate Championships or
3. An athlete who finished outside top 20 in Inter Counties or top 40 Inter Clubs Championships.

Track Senior

1. An athlete who has never represented Ireland at any IAAF or EAA Senior International Competition or
2. An athlete who has never held an individual medal 1st, 2nd, 3rd at National Level in any Senior Championships Indoor or Outdoor at 1500m and upwards in the past 8 years



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Road Senior

1. An athlete who has never represented Ireland at any IAAF or EAA Senior International Competition or
2. An athlete who has never held an individual medal 1st,2nd,3rd at National Road Championships in past 4 years.

The 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.

Decisions are at the discretion of the Competition Committee.

Cross Country Championships

DEFINITIONS

NOVICE DEFINITION

1. Novice athletes must be 19 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 the National Novice 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 Intermediate Championships
4. 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
5. An athlete who has never been an individual medal winner at National level in any senior track indoor or outdoor at 1500m and upwards.
6. An athlete who has never been an individual medal winner at National level in road event at 1500m and upwards, or
7. An athlete who has never been a scoring member of the winning club or county team at National Senior Grade A, Road, Cross Country or Track Championships
8. An athlete who has never represented Ireland at any IAAF or EAA Senior International Championship.
9. 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



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INTERMEDIATE 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 a 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.