

**National Intermediate  
Master &  
Juvenile B  
Cross Country Championships**

**DKIT Campus  
Sunday 11th February 2024**

**Eircode: A91 K584**

**Event Start time: 12 Noon.**

**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.

### B Championships:

- Juvenile B Championships are open to athletes who have not received an individual medal (top 12) or a medal on a Regional, County or club team. **(Club teams although 4 to score all 6 athletes are presented with a medal so all 6 are ineligible).**
- Juvenile athletes who did not compete in regionals can take part in B Championships
- All athletes must be registered in 2024. (2023 Ages apply for February Comp)
- All competing athletes **must** be entered online either by their club or county whether competing as an individual or on a team.
- Club teams; 6 to run, 4 to score.
- County teams, 6 to score.

Age Category	B Cross Country Distance
11	1000m
13	1500m
15	2500m
17	3000m

### Medals:

Individuals - Top twelve to medal

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

## National Intermediate & Masters Cross Country

1. Intermediate athletes must be 20 years of age or over on the 31st of 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 or a scoring member of the winning club at National Senior 4000m Cross Country Championship (2016 onwards)
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 a scoring member of the winning club or county team at National Senior Grade A Championships
7. An athlete who has never been on a representative team at Senior International Level
8. 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.
9. Master's athletes on day of competition in 5-year buckets, (O35, O40, O45 etc)
10. Entries open to all AAI members
11. 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.
12. 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.
13. An O50 can be declared for a O35 team or an O50 Team but not both.

	Distance	Number to Run	Number to Score	Number to Run	Number to Score
		Club		County	
Intermediate Women	5000m	8	4	12	6
Intermediate Men	8000m	8	4	8	4
Masters Men 35+ / 50+	7000m	8	4	12	6
Masters Women 35+/50+	4000m	8	4	8	4
Masters 65+	4000m	6	3	8	4

## Registration:

All registration via [entry4sports Portal](#)

Intermediate & master's 983

Juvenile B Champs 982

## Restrictions:

No dogs allowed on site except for guide dogs.

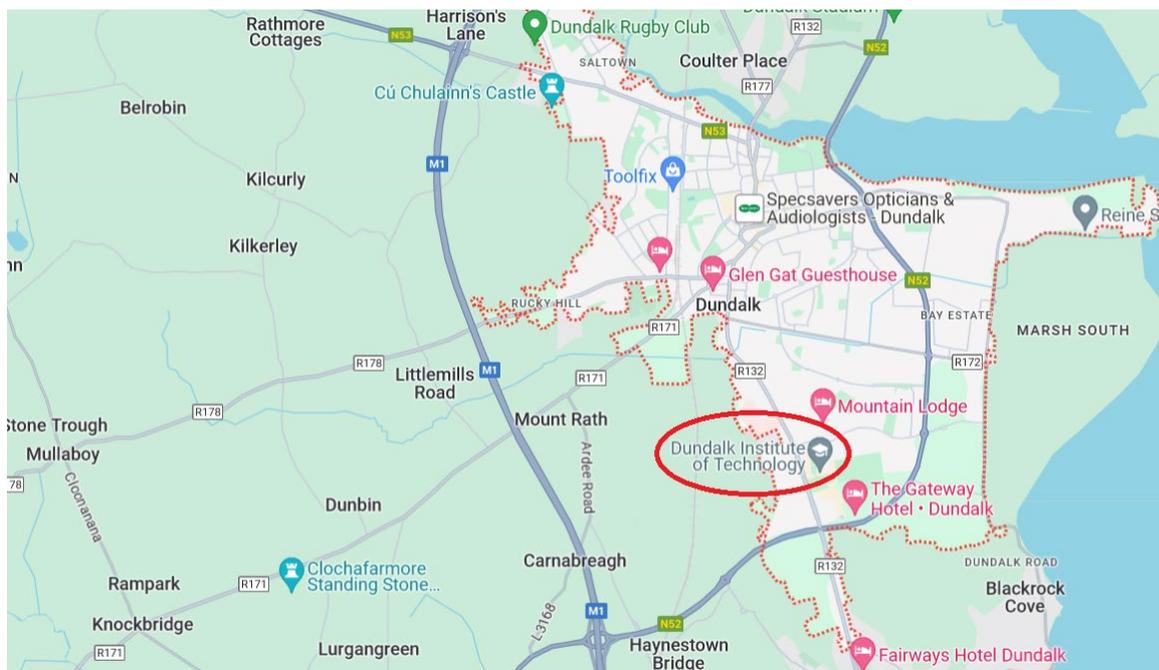
No Balls are permitted on site.

# Directions to the DKIT Dundalk:

GPS Code:

## 53.9835° N, 6.3954° W. General

Or Google Maps: DKIT, Dundalk



# DKIT CAMPUS PARKING

- Car Parks 
- Check-in 



**NATIONAL MASTERS & INTERMEDIATE  
&  
JUVENILE B CROSS COUNTRY CHAMPIONSHIPS**

**CROSS  
COUNTRY**

**U11 1000M 1 Blue lap**

**U13 1500M 1 Red lap**

**U15 2500M 1 Blue & 1 Red lap**

**U17 3000M 2 Red laps**

**Intermediate Women  
5000M 1 Blue & 2 Yellow Laps**

**Intermediate Men  
8000M 4 Yellow laps**

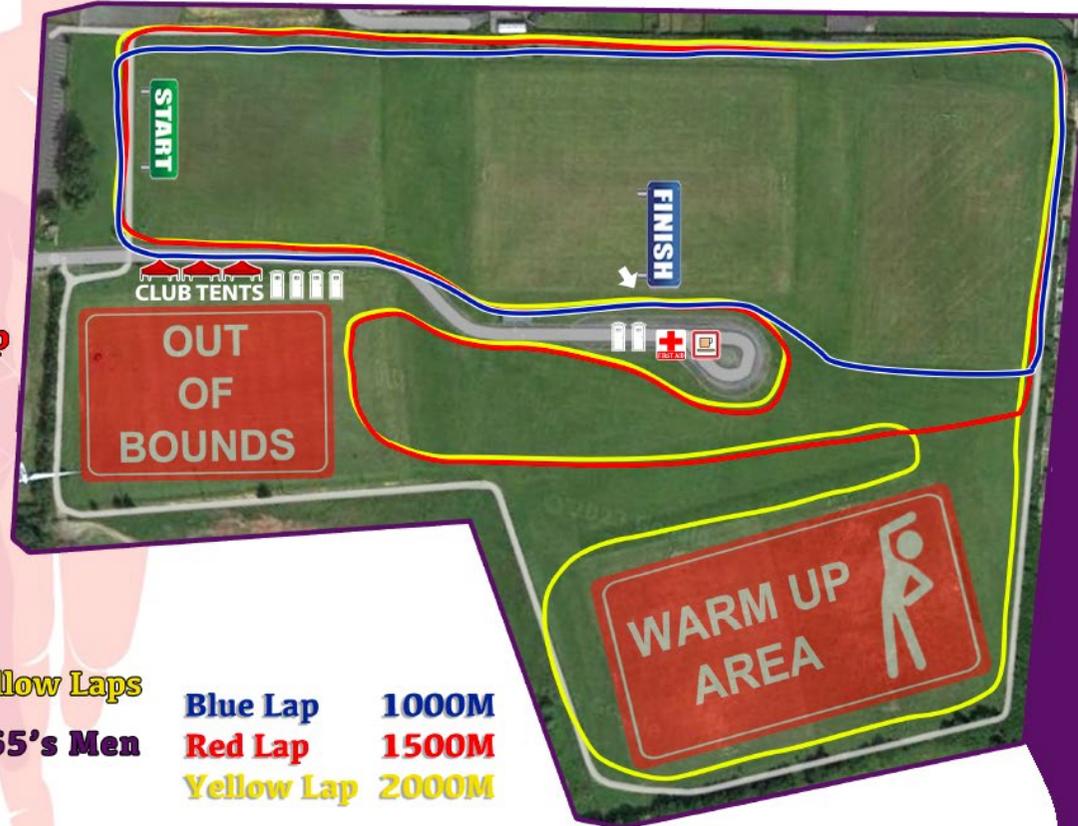
**Masters Men  
7000M 1 Blue & 3 Yellow Laps**

**Masters Women & Over 65's Men  
4000M 2 Yellow laps**

**Blue Lap 1000M**

**Red Lap 1500M**

**Yellow Lap 2000M**



# SPECTATOR TICKETS

QR Code



NATIONAL INTERMEDIATE , MASTER & JUVENILE B's  
CROSS COUNTY CHAMPIONSHIPS

# National Cross Country Championships

## NATIONAL INTERMEDIATE MASTERS & JUVENILE B CROSS COUNTRY CHAMPIONSHIPS

SUNDAY 11TH FEBRUARY 2024  
DKIT CAMPUS DUNDALK

11:30	GIRLS	U11	1000m
11:40	BOYS	U11	1000m
11:50	GIRLS	U13	1500m
12:00	BOYS	U13	1500m
12:10	GIRLS	U15	2500m
12:25	BOYS	U15	2500m
12:40	GIRLS	U17	3000m
13:00	BOYS	U17	3000m

13.30	MASTER WOMEN & MEN O/65+	4000m
14.00	MASTER MEN O/35 - 64	7000m

14.40	INTERMEDIATE WOMEN	5000m
15.10	INTERMEDIATE MEN	8000m

## Provisional Timetable

