



Athletics Leinster

Cross Country 2020 (Day 1) Booklet

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Cross Country Championships 2020 (Day 1)

**Intermediate & Masters Cross Country
& Juvenile Cross Country Relays Under 12, 14 & 16**

NOTE: 2020 age categories apply

Contact

Leinster Cross Country Secretary

Greg Duggan

athleticsleinsterxcsec@gmail.com



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Athletics Leinster Cross Country 2020 (Day 1)			
Date	Start Time	Age Category	Venue
Hosted by Gowran AC			
SUNDAY 12 th January 2020	12:00 Noon	Intermediate & Masters Cross Country & Juvenile Cross Country Relays under 12, 14 & 16	Gowran, Co. Kilkenny

Closing Date: - (All entries are online – No late Entries)

Intermediate & Masters & Juvenile Relays – Wednesday 8th January 2020.

2020 Age Groups

1. Age categories calculated from 31st December in the year of competition.
2. No athlete may obtain a birthday in the year of competition and compete in that age.
3. Age Categories:

Under 12 – born 2009

Under 14 – born 2007

Under 16 – born 2005

Intermediate – must be aged 20 years or over on the 31st December 2020.

Masters Athletes – commencing at Over 35 for both men and women, an athlete becomes a master on his or her 35th birthday.

- Categories:
 - Men O/35, 40, 45, 50, 55, 60, 65, 70
 - Women O/35, 40, 45, 50, 55, 60



Cross Country Entry Fees

Individual

Intermediate	€8
Master	€10

Teams:

Juvenile Relay Team	€12
Intermediate & Master Club Team	€25
Intermediate & Master County Team	€30

Please note all fees are subject to a transaction charge (4%)

Gate Admission:

€5 per person – please have money ready for collection to ensure no delays for parking and your athletes.

Online Entry Only – Payment by Credit/Debit Card

All entries *via* link, which is available on the Athletics Leinster website and Facebook page

www.athleticsleinster.com

If, in exceptional circumstances, a late entry is accepted, the fee will be **double** the fees advertised above.

Online Entries Close – Wednesday 8th January 2020.



Entry & Competition Rules

Current Athletics Ireland Registration is mandatory for all athletes.

LEINSTER INTERMEDIATE

(Cross Country and Road are treated as separate entities)

Eligibility: An athlete who has no individual medal 1st, 2nd or 3rd from any Provincial or National Cross Country.

AGE CATEGORIES FOR CROSS COUNTRY

- **Juvenile Relays:** Under 12, 14 and 16. An athlete may compete in their own age group and one age group up (e.g. an U11 can compete in an U12 event).
- **Intermediate Athletes** – must be aged 20 years or over on the 31st December in the year of competition.
- **Masters Athletes** – commencing at Over 35 for both men and women, an athlete becomes a master on his or her 35th birthday.
 - Categories:
 - Men O/35, 40, 45, 50, 55, 60, 65, 70
 - Women O/35, 40, 45, 50, 55, 60
- **ALL INDIVIDUAL athletes must be entered by their club**
- Club singlets must be worn.
- If a county is entering **undeclared teams** – clubs must ensure they have all their athletes entered. Liaise with County Secretary as necessary.
- **Only athletes who are officially entered and have a valid race number are permitted to run. Passing on numbers is not allowed. Any athlete who does this will not be recorded in results and may cause disqualification for team mates/other club athletes and disqualification from future Athletics Leinster Championship events.**



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Start Area, Finish Area, Cross Country Course and medal presentation area – These areas are for officials and athletes only. COACHES AND PARENTS ARE STRICTLY NOT ALLOWED in these areas at any time. Those found to be in violation of this guideline risk disqualification of their athletes and possibly their club. Please stay outside of the perimeter ropes around the course and areas mentioned at all times.

Photography

In line with the recommendation in Athletics Ireland's Code of Conduct, Athletics Leinster requests that any person(s) wishing to engage in any video, zoom or close-range photography should register their details with Greg Duggan, Athletics Leinster Road and Cross Country Secretary prior to commencing. It is not advisable that children are photographed or filmed without their permission and/or the permission of their parent/guardian.

Athletics Leinster Appeals Procedure

Any appeal in the first instance shall be presented in writing to either the competition manager or track referee as appropriate within 15 minutes of the finish of the event. Appeals will only be accepted when presented by a competent club official citing basis for appeal and any backup evidence. If the initial appeal is unsatisfactory, the decision may then be appealed to a Jury of Appeal accompanied by a fee of €20 (refundable in the case of a successful appeal). This appeal must be presented on the official Appeals Form available on request at "Check-In", within 20 minutes of the outcome of the initial appeal. The Jury of Appeal shall, in the first instance, be comprised of the Leinster Chairperson, the Leinster Road and Cross Country Secretary and the Track Referee on the day. In the case of a conflict of interest on any matter an alternate shall replace the conflicted member(s) for the determination of that issue. In the event that any member/alternate of first instance is unavailable on the day of competition they may be substituted by the Leinster Vice-Chairman, the Leinster Treasurer or such other Leinster Officers as are present on the day, as appropriate. All appeals will be dealt with on the day. The ruling of the Jury of Appeal shall be final.

Respect

Athletics Leinster Officials and Club Officials, who are vital in ensuring our Championships can take place and run smoothly, are to be shown respect at all times. Athletes, parents/guardians and coaches are to ensure that if they have a grievance the proper appeal procedure is used. Verbal or physical abuse will not be tolerated and will be reported to your club officials and followed up by Athletics Leinster.



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Appeals Form

Date:	Time:
Athlete Name:	
Club:	
Event:	
Details:	
Club Official:	Role:
Must be accompanied by Appeal Fee of €20 (refundable in the case of a successful appeal)	

Please direct any queries Greg Duggan, the Athletics Leinster Road and Cross Country Secretary by email to athleticsleinsterxcsec@gmail.com



2020 (Day 1) Cross Country Race Distances

Distance	Female	Male	Distance
4 x 250m	Under 12	Under 12	4 x 250m
4 x 500m	Under 14	Under 14	4 x 500m
4 x 500m	Under 16	Under 16	4 x 500m
4,000m	Intermediate	Intermediate	8,000m
4,000m	Masters	Masters	6,000m

Intermediate & Masters Club Teams

Scoring:

Enter	Scoring	Age Category	Category
10	4	Intermediate	Men & Women
10	4	Masters 35+	Men
10	3	Masters 50+	Men
10	3	Masters 35+	Women
10	3	Masters 50+	Women

Intermediate & Masters County Teams

PLEASE NOTE: There are **two** options available to the County Secretary for entering County Teams.

Declared Team – County Secretary completes the online entry and list the name of each athlete on the team. Only athletes named at time of entry will score for team places at the Championships.

No changes on the day to named County teams

Undeclared Team – County Secretary selects this option online and all athletes from a County are **automatically** categorised as being on the County team, provided that they have already been entered by their club. If not entered by their club, the athlete cannot compete as they will not have a race number and therefore are not entered. No on-the-day team declarations will be accepted.

Scoring:

Enter	Scoring	Age Category	Category
15	4	Intermediate	Women
15	6	Intermediate	Men
15	3	Masters	Women
15	4	Masters	Men



Cross Country Awards

Juvenile Relays – Under 12, 14 & 16

Championship medals to:

- Top **3** Relay Teams in each category (a sub must be declared and present to receive a medal; cross country juvenile relays – 4 to compete with up to 2 subs per team)

Intermediate

Championship medals to:

- Top **3** Individuals
- Top **3** Club Teams
- Top **3** County Teams

Masters

Championship medals to:

- Top **3** individuals in each category O/35/40/45/50 etc
- Top **3** Men's Club Teams O/35 (combined category O/35/40/45)
- Top **3** Men's Club Teams O/50 (combined category O/50/55/60/65 etc)
- Top **3** Women's Club Teams O/50 (combined category O/50/55/60 etc)
- Top **3** Women's Club Teams O/35 (all categories combined)
- Top **3** Men's County Teams O/35 (combined category O/35/40/45)
- Top **3** Men's County Teams O/50 (combined category O/50/60/65 etc)
- Top **3** Women's County Teams O/50 (combined category O/50/55/60 etc)
- Top **3** Women's County Teams O/35 (all categories combined)

Note: O/55+ male & female athletes may compete in the O/35/40/45/50 club/county teams, but not vice-versa. For Declared County Teams – all athletes, regardless of category, must be named by the County Secretary.



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Leinster Officers	
Chair	Philip Cogavin
Vice Chair	Pat Hooper
Secretary & Registrar	Larry Dunne
Treasurer	Frank Kilrane
Assistant Treasurer	Mary Dwyer
Outdoor Track & Field Competition Secretary	James Welsh
Road & Cross Country	Greg Duggan
Assistant Road & Cross Country	Catriona Duffy
Indoor Secretary	Andrew Lynam
Coaching & Development Officer	Fintan Reilly