



Athletics Leinster

Cross Country 2023 (Days 2 & 3) Booklet

Athletics Leinster

Cross Country Championships 2023 (Days 2 & 3)

Day 2 – Novice, Under 20 and Juvenile Even Ages
Day 3 – Senior and Juvenile Uneven Ages

V1

(23rd August)

Note: Changes to U17, U18, U19, U20 & Senior race distances to align with distances used at National

Contact

Athletics Leinster Cross Country Secretary

Greg Duggan

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2023 Athletics Leinster Cross Country Programme			
Date	Start Time	Age Category	Venue
Day 2 – Hosted by - St. Senan’s AC			
SATURDAY 21 st October 2023	11.30am	Novice, Under 20 and Juvenile Even Ages	Mountain View Golf Club, Kiltorcan, Ballyhale, Co. Kilkenny R95 NH31
Day 3 – Hosted by – Dunboyne AC			
SATURDAY 4 th November 2023	11.30am	Senior and Juvenile Uneven Ages	Cow Park, Dunboyne, Co. Meath

Closing Dates (all entries are online – No late entries):

Novice, Under 20 & Juvenile Even Ages – Sunday 15th October 2023.

Senior & Juvenile Uneven Ages – Sunday 29th October 2023.

2023 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 for 2023 apply to all Athletics Leinster Juvenile competition in this booklet.
4. All athletes may move up one age group in cross country; Under 20 athletes must be aged 16 years & under 20 years on 31st December in year of competition).

Under 11 – born 2013 or 2014

Under 12 – born 2012 or 2013

Under 13 – born 2011 or 2012

Under 14 – born 2010 or 2011

Under 15 – born 2009 or 2010

Under 16 – born 2008 or 2009

Under 17 – born 2007 or 2008

Under 18 – born 2006 or 2007

Under 19 – born 2005 or 2006

Under 20 (for INDIVIDUAL entry) – born 2004 or 2005
Under 20 (for TEAM entry) – born 2004, 2005, 2006 or 2007



Cross Country Entry Fees

Individual:

Individual	U11 - U16	€4
Individual	U17 - U19	€5
Under 20		€6
Novice		€8
Senior		€8

Teams:

Club Team	€25
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

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

Online Entries Close – 15th October 2023 for Juvenile Even Ages, Under 20 & Novice.
Online Entries Close – 29th October 2023 for Juvenile Uneven Ages & Senior.



Entry & Competition Rules

All entrants must be registered with Athletics Ireland in the year of competition.

ATHLETICS LEINSTER NOVICE

Eligibility:

- An athlete who has no individual medal 1st, 2nd or 3rd from any Provincial or National Cross Country Championship.
- Cross Country and Road are treated as separate.
- Medals won in Road Championships do not affect eligibility in Cross Country.

AGE CATEGORIES FOR CROSS COUNTRY

- **Juvenile Ages:** Under 11 to 19. An athlete may compete in their own age group and one age group up (e.g. an U10 can also compete at U11 event but not U12).

- **U18/U20 Combined Race**

Scoring in the event is as follows:

- The first three Under 20 across the line are placed 1st, 2nd and 3rd U20 and presented with individual U20 medals.
- The first twelve U18 athletes across the line are placed 1–12 at U18 and presented with individual U/18 medals.
- Under 20 results will be listed containing the names of all athletes who entered as U20
- U18 athletes can score on U18 and U20 teams, **on condition that they have entered on teams in BOTH events.**
 - U18 athletes **will not be automatically included in U20 teams** unless entered along with Under 20 athletes on U20 teams.

- **U23/Senior Combined Race**

Scoring in the event is as follows:

- The first across the line are placed 1st, 2nd and 3rd Seniors and presented with individual Senior medals (even if an U23 athlete).
- The first three U23 athletes outside of the top three overall in the race are placed 1st, 2nd and 3rd at U23 and presented with individual U23 medals.
- U23 results will be listed containing the names of all athletes who entered as U23.
- There shall be no U23 teams; U23 athletes shall score on Senior teams.

- **Novice Athletes** must be aged 19 years or over on the 31st December in the year of competition.

- **Under 20 Athletes**

- Do **not** break their Novice status in cross country (or road).
- Must be aged 16 years and under 20 years on the 31st December in the year of competition for TEAM entries, and aged 18 years and under 20 years for INDIVIDUAL entry.

- **Senior Athletes** – must be 18 years and over on the 31st December in the year of competition.



- **ALL INDIVIDUAL athletes must be entered by their club.**
- If a county is entering **undeclared teams** then 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.**

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.

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.

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 Athletics Leinster Chairperson, the Athletics 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 Athletics Leinster Vice-Chairman, the Athletics Leinster Treasurer or such other Athletics 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.



2023 Cross Country Distances

Distance	Female	Male	Distance
1,500m	U11	U11	1,500m
2,000m	U12	U12	2,000m
2,500m	U13	U13	2,500m
3,000m	U14	U14	3,000m
3,500m	U15	U15	3,500m
4,000m	U16	U16	4,000m
4,500m	U17	U17	4,500m
5,000m	U18, U19, U20	U18, U19, U20	5,000m
4,000m	Novice	Novice	6,000m
6,000m	Senior	Senior	9,000m

Club Teams

Scoring:

Enter	Scoring	Age Category	Category
8	4	U11	Boys & Girls
8	4	U12	Boys & Girls
8	4	U13	Boys & Girls
8	4	U14	Boys & Girls
8	4	U15	Boys & Girls
8	4	U16	Boys & Girls
8	4	U17	Boys & Girls
8	4	U18 and U20	Male & Female
8	3	U19	Female
8	4	U19	Male
10	4	Novice	Men & Women
10	4	Senior	Men & Women

County Teams

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

- 1. 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



2. 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	6	U11	Boys & Girls
15	6	U12	Boys & Girls
15	6	U13	Boys & Girls
15	6	U14	Boys & Girls
15	6	U15	Boys & Girls
15	6	U16	Boys & Girls
15	6	U17	Boys & Girls
15	6	U18	Boys & Girls
15	3	U19	Female
15	4	U19	Male
15	4	U20	Men & Women
15	4	Novice	Women
15	6	Novice	Men
15	4	Senior	Women
15	6	Senior	Men

Cross Country Awards

Juvenile – Under 11 to Under 19

Championship medals to:

- Top 12 Individuals in each category
- Top 3 Club Teams in each category (4 medals awarded)
- Top 3 County Teams in each category (6 medals awarded)

Under 20, Novice & Senior (and Under 23)

Championship medals to:

- Top 3 Individuals in each category
- Top 3 Club Teams in each category, except Under23
- Top 3 County Teams in each category, except Under 23



Entries to AAI National Cross Country Finals

Athletics Leinster will enter the **top 12 placed (juvenile) individuals** at the Athletics Leinster Cross Country Championships on Athletics Leinster teams to compete at the National Championships.

It is the responsibility of **Club and County Secretaries** to enter **teams** that have qualified from the Athletics Leinster Cross Country Championships to the National Championships.

Juvenile u/11 to u/19 Club and County teams

The top 4 placed teams at the Athletics Leinster Cross Country Championships in girls and boys u/11, u/12, u/13, u/14, u/15, u/16, u/17, u/18 & u/19 qualify for the National Finals.

Club and County Secretaries shall enter teams directly using the entry system available on the Athletics Ireland entries website (Entry 4 Sport). Payments for entries will be made by Club and County Secretaries directly to National.

Only the top 4 juvenile teams qualify. National will check the entries and any team entered that has not qualified through Athletics Leinster will not be allowed to participate as a team and the cost of entry will be forfeited and not returned by National. It is the responsibility of Club and County Secretaries to ensure that only teams that have qualified through Athletics Leinster are entered for the National Championships.

IMPORTANT:

- Any Club or County team that has qualified but does not intend to compete, shall please advise Athletics Leinster as soon as possible by e-mail to athleticsleinsterxcsec@gmail.com, so the place can be offered to the next placed team and give as many Athletics Leinster athletes as possible an opportunity to compete at the National Championships.
- If an athlete is unavailable to compete on an Athletics Leinster team, they shall please advise Athletics Leinster as soon as possible by e-mail to athleticsleinsterxcsec@gmail.com, so the place can be offered to the next placed athlete.

Senior, Novice and Under 20 individuals and teams

There is **OPEN** entry for:

- **Senior:** individuals, Club teams and County teams.
- **Novice:** individuals, Club teams and County teams.
- **Under 20:** individuals, Club teams and County teams.

Entry may be made directly to National using the Athletics Ireland entry system available on the Athletics Ireland website (Entry 4 Sport).



Juvenile u/17, u/18 & u/19 individuals

There is **OPEN** entry for:

- **Under 17, u/18 & u/19: Individuals only, subject to the following:**

In accordance with Athletics Ireland Rules, in the u/17, u/18 and u/19 age groups, open entry will only apply for individuals, **provided the athlete had entered the Athletics Leinster Cross Country Championships**. Requests for open entry shall be submitted by e-mail to the Athletics Leinster Cross Country Secretary (athleticsleinsterxcsec@gmail.com) for approval.

Once approved by the Athletics Leinster Cross Country Secretary, the athlete may be entered **by their Club Secretary**. National seeks confirmation that a request to enter as an individual in these events was made, and approval obtained, before accepting an entry as valid.

Club and County Secretaries shall enter teams and approved u/17, u/18 and u/19 athletes **directly** using the entry system available on the Athletics Ireland entries website (Entry 4 Sport). Payments for entries will be made by Club and County Secretaries directly to National.

Athletics Leinster Officers

Athletics Leinster Officers	
Chair	Catriona Duffy
Vice Chair	Joe Walsh
Secretary & Registrar	Paul Archbold
Treasurer	Majella McGrath
Assistant Treasurer	Ciara Henaghan
Road & Cross Country Secretary	Greg Duggan
Assistant Road & Cross Country Secretary	Martin Heery
Indoor Track & Field Competition Secretary	Laura Henaghan
Outdoor Track & Field Competition Secretary	David Denieffe
Coaching & Development Officer	Vacant
Technical Support	Andrew Lynam
PRO	Mary Daly
PRO	Adrian Martin
Child Welfare Officer	Margaret Daly
Child Welfare Officer	Joe Walsh

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