

# Inter County Cross Country Championships of Ireland

25<sup>th</sup> November 2007  
Curragh Camp, Co. Kildare

Please Tick category

Senior Women  U23  (8,000m) 1.00pm - Junior Men  (6,000m) 2.00pm

Junior Women  (4000m) 1.35pm - Senior Men  U23  (10,000m) 2.30pm

**Men: 12 to run: 6 to Score & Women: 8 to Run: 4 to Score**

County/Province: \_\_\_\_\_ Colours: \_\_\_\_\_

**Closing Date for Entries: Friday 9<sup>th</sup> November 2007**

2007 AAI Reg. No.	Full Name	Club	D.O.B	Office Ref.

**RESERVES**


- **Entry Fee: €40.00 per team - €12.00 individual**

**Doping is cheating AAI is committed to Drugs Free Sport**

## REGULATIONS:

1. Late entries will only be accepted on payment of late entry fee. (Late entry fee €50.00) **Entries without fee or Registration Number will not be accepted.**
  2. Athletes must be registered with AAI for 2007 season.
  3. Men's Teams are limited to Twelve competitors with Six to score, not more than 15 (12 plus 3 reserves) must be entered. Women's teams are limited to Eight competitors with four to score, not more than 11 (8 plus 3 reserves) must be entered
  4. All competitors must wear county colours.
  5. **Junior** athletes must be aged 16 years or over and under 20 years on 31st December of the year of competition (Born 1988, 89, 90 & 91)
  6. **Senior** athletes must be aged 16 years or over on 31<sup>st</sup> December of the year of competition.
  7. **U23** athletes must be aged between 20 years and under 23 on 31<sup>st</sup> December in the year of competition i.e. (born 1985, 86 & 87) **U23 ATHLETES MUST DECLARE AND MUST INDICATE THIS ON THE ENTRY FORM BY TICKING THE APPROPRIATE BOX**
  8. **Only those athletes** (including reserves) named on the entry form will be allowed to compete.
  9. Birth Certificates may be requested
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