

REGULATIONS:

The definition of a Novice for Cross Country is an athlete who has **never** been:

1. a) An Individual medal winner at National Intermediate or Senior Cross Country, individual or team (Club or County) in Grade A.
 - b) An Individual medal winner at National level in any track (indoor or outdoor) or road event at 1500 metres and upward.
 - c) Represented Ireland at Senior International level.
 - d) A medal winner in individual Novice or a scoring member of the winning team, club or county, at the National Novice Championships.
 - e) Athletes must be aged 19 years or over on the 31st December in the year of competition.
2. Athletes must be registered for 2006
 3. Women's teams are limited to **eight competitors, for both club and county, with four to score**. Not more than 8 plus 3 reserves may be entered.
 4. Men's **County Teams** are limited to **Twelve Competitors: with Six to score**, not more than 12 plus 3 reserves may be entered
 5. Men's **Club Teams** are limited to **eight competitors, with four to score**. Not more than 8 plus 3 reserves may be entered.
 6. All competitors must wear official team colours.