

Please Tick category

Novice Cross Country Championships of Ireland



16th December 2007

St. Augustine's College, Dungarvan, Co. Waterford

Novice Women (3,000m) 1.15pm – Novice Men (6,000m) 1.35pm Club Team Inter County Team Men: 12 to run: 6 to Score on County Team & 8 to Run: 4 to Score on Club Team Women: 8 to Run: 4 to Score on Club Team & County Team				
Closing Date for Entries: 7 th December 2007				
2007 AAI	Full Name	Club	D.O.B	Office
Reg. No.				Ref.
RESERVES			<u> </u>	

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

Doping is cheating AAI is committed to Drugs Free Sport

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 <u>eight competitors</u>, for both club and county, with four <u>to score</u>. Not more than 8 plus 3 reserves may be entered.
- 4. Men's <u>County Teams</u> are limited to <u>Twelve Competitors: with Six to score</u>, not more than 12plus 3 reserves may be entered
- 5. Men's **Club Teams** are limited to <u>eight competitors</u>, <u>with four to score</u>. Not more than 8 plus 3 reserves may be entered.
- 6. All competitors must wear official team colours.