

**National Senior, U20, U23
&
Juvenile Even Age
Cross Country Championships**

**Gowran Demesne
Sunday 19th November 2023**

Eircode: R95 FE04

Event Start time: 11:30am

Check-in opens 90min before each event.

(all athletes must have collected their race number and confirm participation at least 45 mins before their race start time)

Juvenile Regulations:

WA Rules apply.

Club singlets and appropriate footwear must be worn.

Athletes may move up one age group only, U10 may run U11 Cross Country.

All entries must be approved by the Regional Secretaries

Regional Secretaries must forward a copy of the regional results to Head Office

Qualifiers:

Top 12 from each Region

The first four (4) club teams in the 11-19 age group all must qualify for their Regional Cross-Country Championships.

The first Three (3) County teams each from Munster, Ulster, Connaught, **the first four (4) County Teams** from Leinster and **One (1) County Team** from the Region of Dublin qualify for County Teams

In the 17-19 age groups **individual** open entry will apply provided the athlete has been entered in the Regional Cross-Country Championships.

There is no open entry for Club or County Juvenile teams.

Open entries must be with Nationals at closing date for competition.

Please note: The U18 & U20 events are on two different E4S entry portal systems. All athletes wishing to compete in both U18 & U20 need to register on both entry portals.

Teams:

Province, 12 athletes to run with 6 to score.18/10/2023

County, 10 athletes to run with 6 to score.

Club, 6 athletes to run with 4 to score.

U18 Athletes can enter both U18 and U20 race and score on Club and County teams in both age categories if they are entered in both age groups.

U18 athletes are considered for the U20 Euro Cross team based on their finishing position in the race.

All athletes must be registered.

Pacing of athletes will mean disqualification. Please inform club officials and parents.

Only athletes declared on the team sheets will score.

Spot Checks will be undertaken.

No electronic devices are allowed at any time in the call up area or competition.

Medals:

First 12 Individuals

First 3 Regional, County and Club Teams,6 medals awarded.

Senior Regulations:

Registered athletes only

Senior and Junior County teams by relevant County secretary

Senior and Junior Club teams by Club secretary

Teams can be entered without having to enter names.

Athletes must be 18 years of age or over on the 31st of December in the year of competition.

Under 23 athletes must be aged between 20 and under 23 years on the 31st of December in the year of competition.

Under 23 athletes must declare and must indicate correctly on entry form.

First 3 U23 Athletes across the line shall be awarded the medals regardless of Senior Position.

U20 athletes must be 16 years on the 31st of December in the year of competition and under 20 years on the 31st of December in the year of competition.

An under 18 athletes may score both on Junior and Under 18 teams if declared or part of an undeclared County Team.

Athletes can run as individual and as part of a team, **all athletes entered as part of a team are deemed to have entered individually as well.**

Teams' events:

Athletes can be entered on a single club & a single county team only.

Teams can have unlimited subs on the day of the event.

County Teams have the option of not declaring individuals on the team in which case the first scoring athletes across the line will be made a team.

Inter Club & County	Distance	Individual event	Club to Run	Club to Score	County to Run	County to Score
Senior Men	9,000m	Yes	8	4	12	6
Senior Women	9,000m	Yes	8	4	8	4
Under 23 Men	9,000m	Yes	n/a	n/a	n/a	n/a
Under 23 Women	9,000m	Yes	n/a	n/a	n/a	n/a
Under 20 Men	5,000m	Yes	8	4	12	6
Under 20 Women	5,000m	Yes	8	4	8	4

Registration:

Club Secretaries to enter Club teams.

Club Secretaries to enter U18 Athletes who did not qualify but entered their Regional Cross-Country Championships.

County Secretaries to enter County teams.

Provincial/Regional Secretaries to enter all Regional Qualifiers. (top 12 for each age group).

Entry Criteria

All entries will be checked by your Provincial/Regional Secretary.

Entries will be removed if any of the following is found.

1. Athletes or teams that did not qualify to compete for their club, county, or region.
2. 17-19 ages group athletes who did not register to enter their Regional Cross-Country Championships.

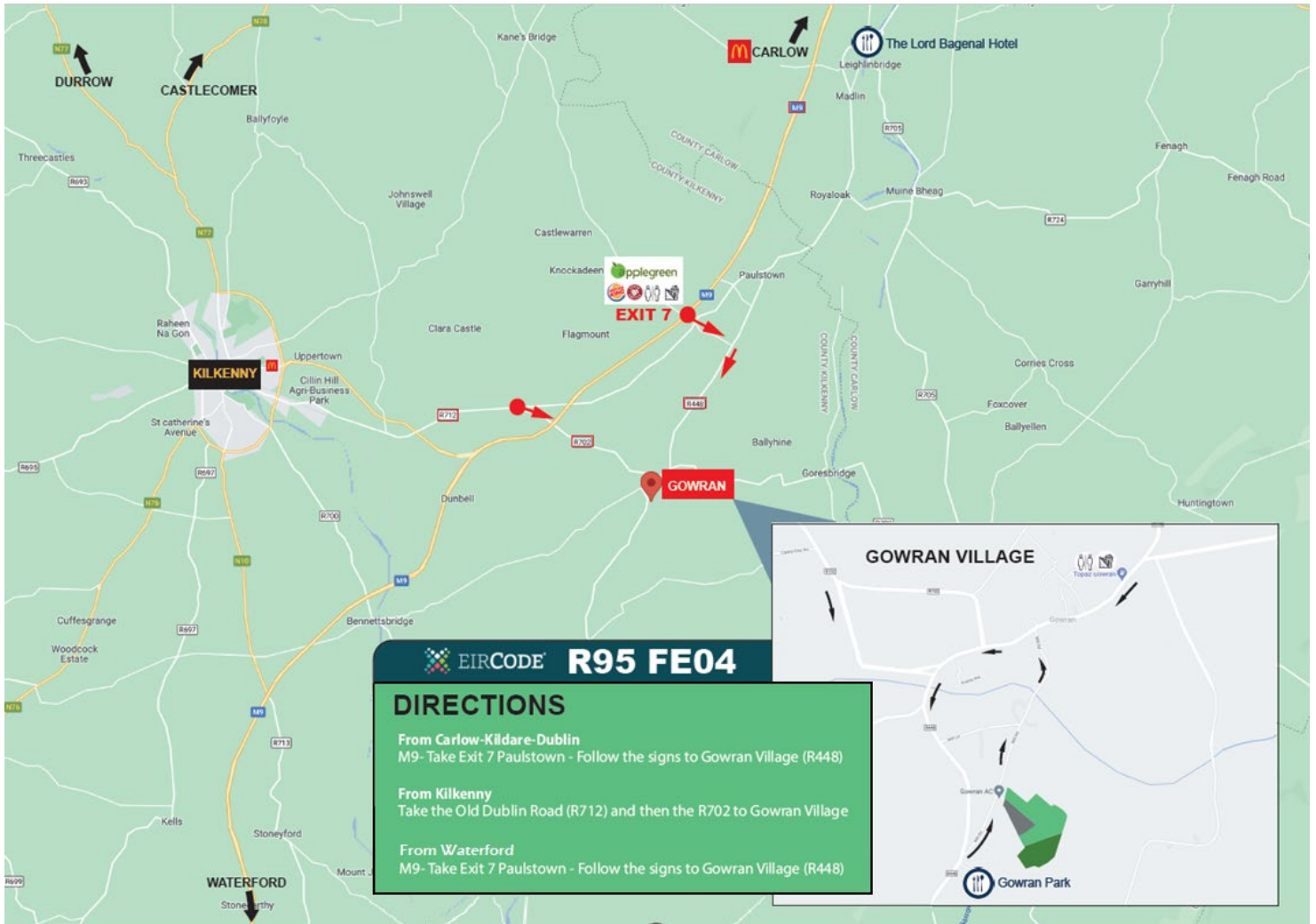
All registration via entry4sports Portal

Please use the correct entry portal for your Province

Leinster Juveniles Even Age Entries	913
Ulster Juveniles Even Age Entries	914
Munster Juveniles Even Age Entries	915
Connacht Juveniles Even Age Entries	916
Dublin Juveniles Even Age Entries	917
Senior U20 & U23 Entries	918

M9 Traffic travelling from both North and South are recommended to exit the Motorway at Junction 7 and follow signs to Gowran.

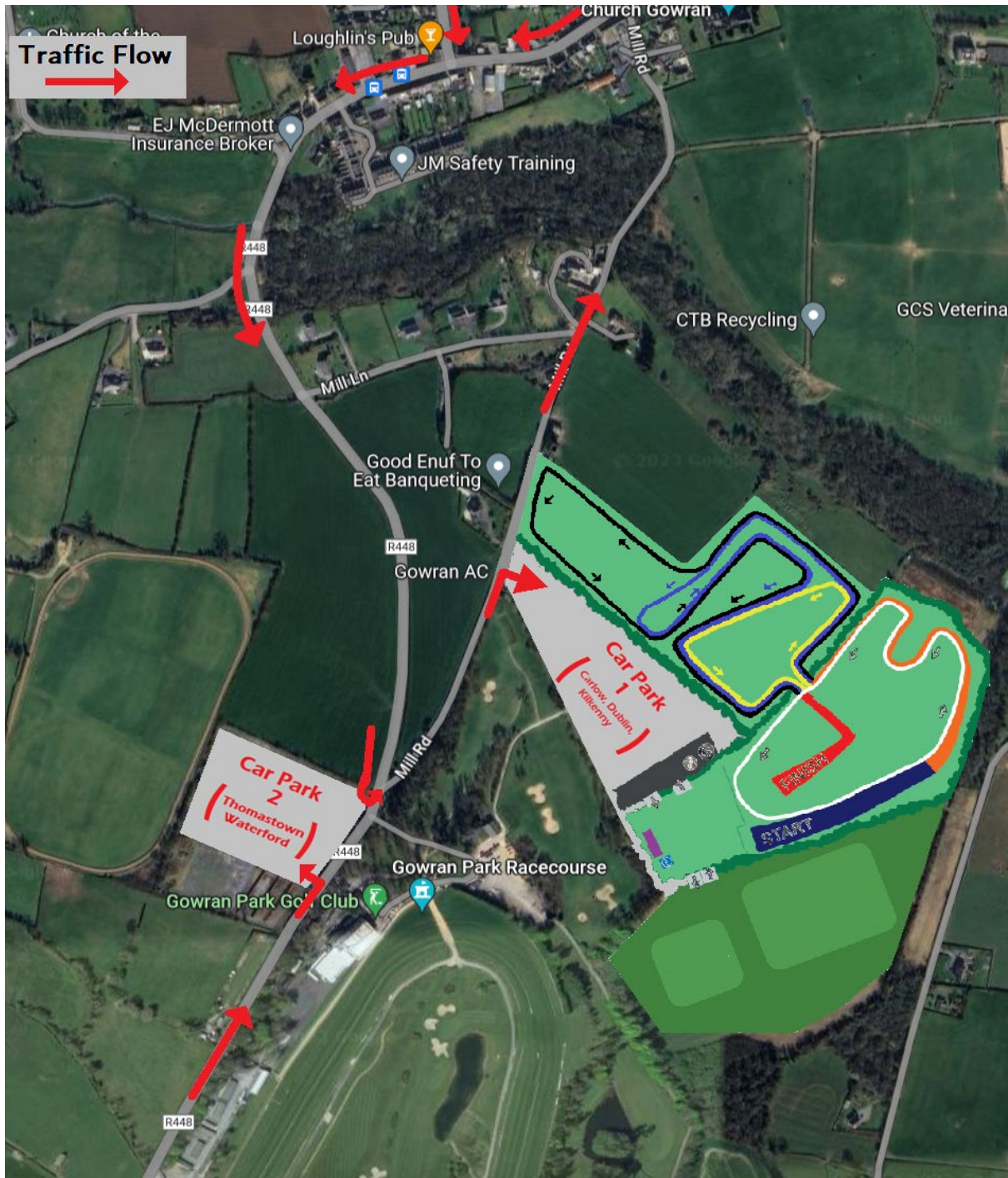
Kilkenny Traffic to following signs to Paulstown (R712) on route to Gowran (R702).



Car Parking

A one-way system will be in operation with entering and exiting the venue.

All Motorway and Kilkenny Traffic will be directed through the town following the arrows to Car Park 1. Local traffic coming from the south on R448 will be directed into Car Park 2





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National Senior U20 , U23 & Juvenile Even Age Cross County Championships



DISTANCES

- 500m
- 1,000m
- 650m
- 1,500m
- 1000m
- START 150m
- FINISH 200m

- INFORMATION POINT
- NUMBER PICKUP
- FOOD & DRINKS
- TOILETS

Age Group	Distance	Lap
U12 Girls	2000m	● ●
U12 Boys	2000m	● ●
U14 Girls	3000m	● ● ●
U14 Boys	3000m	● ● ●
U16 Girls	4000m	● ● ● ●
U16 Boys	4000m	● ● ● ●
U18,U20 Women	5000m	● ● ● ●
U18,U20 Men	5000m	● ● ● ●
Senior,U23 Women	9000m	● ● ● ● ● ● ● ● ●
Senior,U23 Men	9000m	● ● ● ● ● ● ● ● ●

All events include : Start Distance ●
Finish Distance ●

EVENT TICKETS



**123.ie National Senior & Even Age
Cross County Championships**



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**NATIONAL SENIOR, U20 , U23
& JUVENILE EVEN AGE
GOWRAN DEMESNE, MILL ROAD
SUNDAY 19th NOVEMBER 2023**

Provisional Times

EVENT	DISTANCE	START
GIRLS U12	2,000m	11.30
BOYS U12	2,000m	11.43
GIRLS U14	3,000m	11.55
BOYS U14	3,000m	12.10
GIRLS U16	4,000m	12.23
BOYS U16	4,000m	12.43
GIRLS U18 & U20 WOMEN	5,000m	13.00
BOYS U18 & U20 MEN	5,000m	13.25
SENIOR WOMEN & U23	9,000m	13.45
SENIOR MEN & U23	9,000m	14.30