SENIOR & JUNIOR							
Inter Club	Distance	No to Run	No to Score			Individual	TEAMS
Senior Men	12,000m	8	4			First 3	3 Teams Grade A,B,C
Senior Women	8,000m	8	4			First 3	3 Teams Grade A, B
Junior Men	6,000m	8	4			First 3	3 Teams
Junior Women	4,000m	8	4			First 3	3 Teams

Inter County	Distance			No to Run	No to Score	Individual	TEAMS
Senior Men	10,000m			12	6	First 3	3 Teams Grade A, B,C
Senior Women	8,000m			8	4	First 3	3 Teams Grade A, B
Junior Men	6,000m			12	6	First 3	3 Teams
Junior Women	4,000m			8	4	First 3	3 Teams

NOVICE INTERMEDIATE MASTERS							
		Club		County			
	Distance	No to Run	No to Score	No to Run	No to Score	Individual	TEAMS
Novice Men	6,000m	8	4	12	6	First 3	3 Club Teams 3 County Teams
Novice Women	4,000m	8	4	8	4	First3	3 Club Teams 3 County Teams
Inter Men	8,000m	8	4	12	6	First 3	3 Club Teams 3 County Teams
Inter Women	5,000m	8	4	8	4	First 3	3 Club Teams 3 County Teams
Masters Men	7,000m	8	4	12	6	First 3	3 Club Teams , 3 Co Teams (35-49,50-64)
Master Men 0/65	4,000m	6	3	8	4	First 3	3 Club Teams 3 County Teams
Masters Women	4,000m	8	4	8	4	First 3	3 Club Teams , 3 Co Teams (35-49,50+)

IRISH SCHOOLS							
	Distance	**No to Run**	**No to Score**			**Individuals**	**SCHOOL TEAMS**
Minor Girls	2,000m	6	3			First 6	3 Teams
Minor Boys	2,500m	6	4			First 6	3 Teams
Junior Girls	2,500m	6	3			First 6	3 Teams
Junior Boys	3,500m	8	4			First 6	3 Teams
Inter Girls	3,500m	6	3			First 6	3 Teams
Inter Boys	5,000m	8	4			First 6	3 Teams
Senior Girls	2,500m	6	3			First 6	3 Teams
Senior Boys	6-6,500m	8	4			First 6	3 Teams

IUAA Irish Universities							
	Distance	**No to Run**	**No to Score**			**Individual**	**TEAMS**
IUAA Men	8000m	16	6			First 3	3 Teams
IUAA Women	5000m	14	4			First 3	3 Teams

JUVENILE								
		Club		County	Provincial			
Ages	Distances	Run	Score	Run Score	Run Score		Individual	Teams
Girls 11	1500m	6	4	10 6	12	6	First 12	3 Club Teams 3 County Teams
Boys 11	1500m	6	4	10 6	12	6	First 12	3 Club Teams 3 County Teams
Girls 12	2000m	6	4	10 6	12	6	First 12	3 Club Teams 3 County Teams
Boys 12	2000m	6	4	10 6	12	6	First 12	3 Club Teams 3 County Teams
Girls 13	2500m	6	4	10 6	12	6	First 12	3 Club Teams 3 County Teams
Boys 13	2500m	6	4	10 6	12	6	First 12	3 Club Teams 3 County Teams
Girls 14	3000m	6	4	10 6	12	6	First 12	3 Club Teams 3 County Teams
Boys 14	3000m	6	4	10 6	12	6	First 12	3 Club Teams 3 County Teams
Girls 15	3500m	6	4	10 6	12	6	First 12	3 Club Teams 3 County Teams
Boys 15	3500m	6	4	10 6	12	6	First 12	3 Club Teams 3 County Teams
Girls 16	4000m	6	4	10 6	12	6	First 12	3 Club Teams 3 County Teams
Boys 16	4000m	6	4	10 6	12	6	First 12	3 Club Teams 3 County Teams
Girls 17	4000m	6	4	10 6	12	6	First 12	3 Club Teams 3 County Teams
Boys 17	5000m	6	4	10 6	12	6	First 12	3 Club Teams 3 County Teams
Girls 18	4000m	6	4	10 6	12	6	First 12	3 Club Teams 3 County Teams
Boys 18	6000m	6	4	10 6	12	6	First 12	3 Club Teams 3 County Teams
Girls 19	4000m	6	3	10 6	12	6	First 12	3 Club Teams 3 County Teams
Boys 19	6000m	6	4	10 6	12	6	First 12	3 Club Teams 3 County Teams

		Club		County		Individual	Teams
Ages	**Distances**	**Run**	**Score**	**Run**	**Score**	**Individual**	**Teams**
Girls 11	1000m	6	4	10	6	First 12	3 Club Teams 3 County Teams
Boys 11	1000m	6	4	10	6	First 12	3 Club Teams 3 County Teams
Girls 13	1500m	6	4	10	6	First 12	3 Club Teams 3 County Teams
Boys 13	1500m	6	4	10	6	First 12	3 Club Teams 3 County Teams
Girls 15	2500m	6	4	10	6	First 12	3 Club Teams 3 County Teams
Boys 15	2500m	6	4	10	6	First 12	3 Club Teams 3 County Teams
Girls 17	3000m	6	4	10	6	First 12	3 Club Teams 3 County Teams
Boys 17	3000m	6	4	10	6	First 12	3 Club Teams 3 County Teams

JUVENILE B