

**National Novice
&
Juvenile Uneven Age
Cross Country Championships**

**Tramore Racecourse
Sunday 1st December 2024**

Eircode: X91 XP29

Event Start time: 11:00am

Check-in 90 min before event

(Check-in Closes 45min before event start time)

Juvenile Regulations:

List of Regulations:

1. 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

2. **Qualifiers:**
 - Top 12 from each Region
 - **First four (4) club teams** in the 11-19 age group must qualify from the Regional Cross-Country Championships.
 - Three (3) teams each from Munster, Ulster, Connaught, 4 from Leinster and 1 Team from the Region of Dublin qualify for County Teams. *A County cannot qualify more than 1 team per age group per region.*
 - **A County cannot qualify more than 1 team per age group per region**

In the 17-19 age races **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 National at closing date for competition, entries must first be approved by the Regional Secretary.

Teams:

Province, 12 athletes to run with 6 to score.

County, 10 athletes to run with 6 to score.

Club, 6 athletes to run with 4 to score.

U19 Girls only

Province, 12 athletes to run with 6 to score.

County, 8 athletes to run with 4 to score.

Club, 6 athletes to run with 3 to score.

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.

Novice Regulations:

Entries open to all AAI members

Novice athletes must be 19 years of age or over on the 31st of December in the year of competition.

An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at the National Novice Championships

An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Intermediate Championships

An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Senior Grade A Championship

An athlete who has never been an individual medal winner or a scoring member of the winning club at National Senior 4000m Championship. (2016 onwards)

An athlete who has never been an individual medal winner at National level in any senior track indoor or outdoor at 1500m and upwards

An athlete who has never been an individual medal winner at National level in road event at 1500m and upwards, or

An athlete who is a scoring member of the winning club or county team at National Senior Grade A, Road, Cross Country, or Track Championships

An athlete who has never represented Ireland at any World Athletics or EAA Senior International Championship

Status of an athlete will not be altered during a cross-country season (September to April) other than in the case of an individual win.

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.**

Team 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.

Club teams entered by club secretaries only.

County teams entered by county secretaries only, Including non-declared teams.

Inter Club & County	Distance	Club max no.	Club min no.	County max no.	County min no.
Novice Men	6,000m	8	4	12	6
Novice Women	4,000m	8	4	8	4

Registration:

All registration via entry4sports Portal

Novice Entries 1149

Juveniles Entries 1150

Top 12 from each Region to be entered by the regional / provincial secretaries

Top regional club team qualifiers to be entry by their club secretaries.

Top regional County teams to be entry by their county secretaries

All 17-19 age **individual** open entry will apply provided the athlete has been entered in the Regional Cross-Country Championships. **(ALL ENTRIES BY THEIR CLUB SECRETARIES)**

Restrictions:

No dogs are allowed on site except for guide dogs.



Directions to the Tramore:

Using Eircode X91 XP29

Or Google Maps: Crobally Upper, Tramore, Co. Waterford

Letterkenny to Tramore 4h 55min.

Belfast to Tramore 3h 39min

Galway to Tramore 3h 13min

Tralee to Tramore 3h 7min

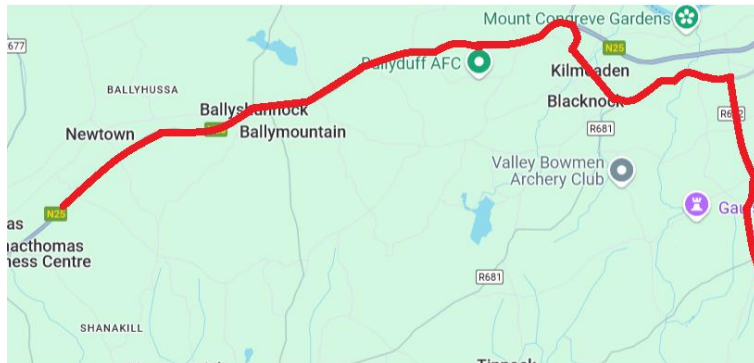
This map is a guide to support you travel to Tramore only

Coming from the North M9 to Waterford

Follow signs to Waterford City, as you come of the M9 following signs to the city Bypass , N25 over the Thomas Francis Meagher Bridge. Take the first junctions off the N25 sign posted Tramore R675, (R710).

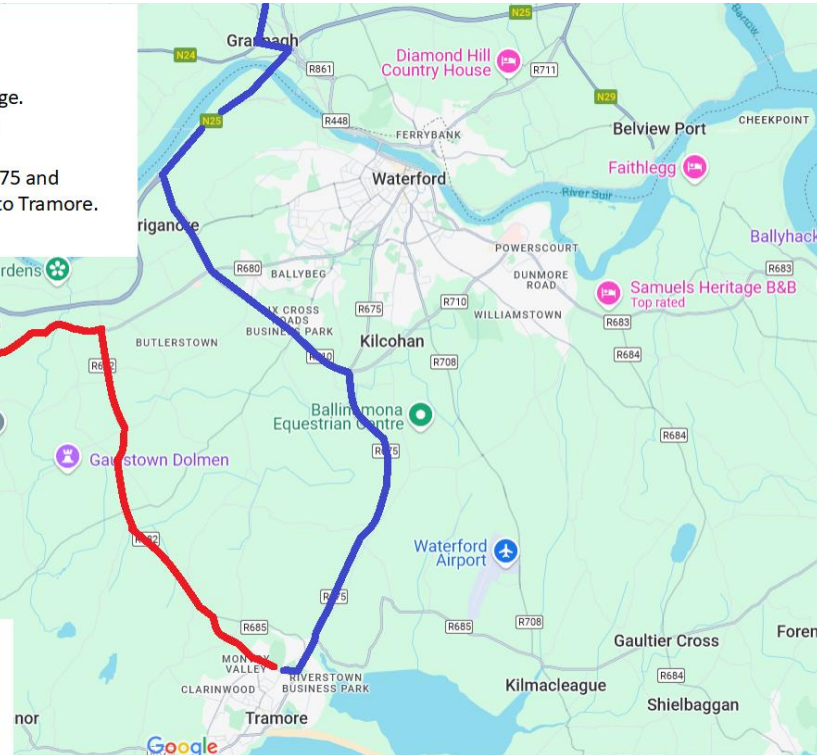


Please ignore any sat nav turn points on the R675 and follow until you come to roundabout with sign to Tramore.

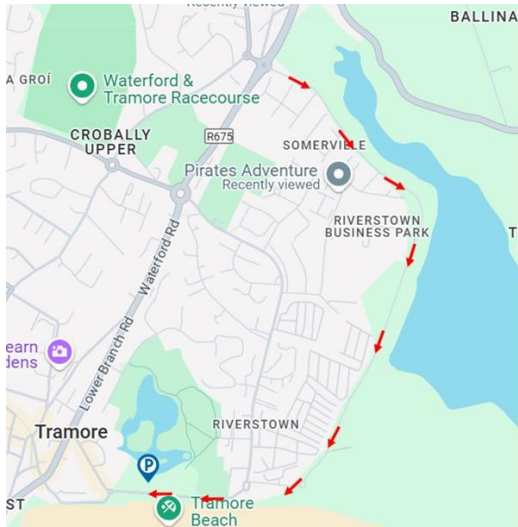


Coming from the West N72 to N25 South

Following signs to Waterford and take the turn signposted Tramore and follow signs R682, (680). Be prepared to make a right turn to join the R682 to Tramore.



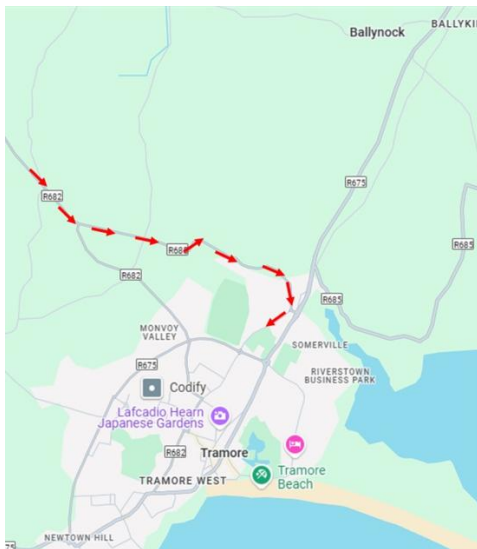
**It is importance that all maps and parking rules are followed
You must always obey the instructions of the marshals**



Traffic Management



All Traffic will be diverted towards car parks 4 & 5 via Somerville Road once Old Waterford Road becomes congested, or car parks 1, 2 & 3 reach capacity



Traffic Arriving via R682



Traffic approaching Tramore via the R682 will be directed onto the R685 (Glen Road)

It will then be directed towards car parks 1, 2 & 3 in the first instance

Traffic will be diverted towards car parks 4 & 5 via Somerville Road once Old Waterford Road becomes congested, or car parks 1, 2 & 3 reach capacity



Traffic Arriving via R675



Traffic arriving via R675 Waterford Road will be directed towards car parks 1, 2 & 3 in the first instance

Traffic will be diverted towards car parks 4 & 5 via Somerville Road once Old Waterford Road becomes congested, or car parks 1, 2 & 3 reach capacity

Parking



Car Parking

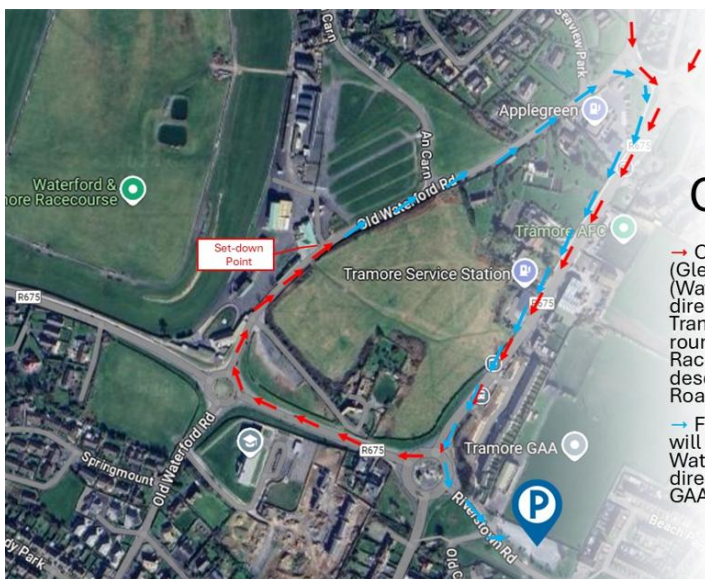


Car parking will take place in five locations and traffic management will determine which of these are open at any given time.

Please obey the instructions of marshals at all time as they direct you to the available parking spaces.

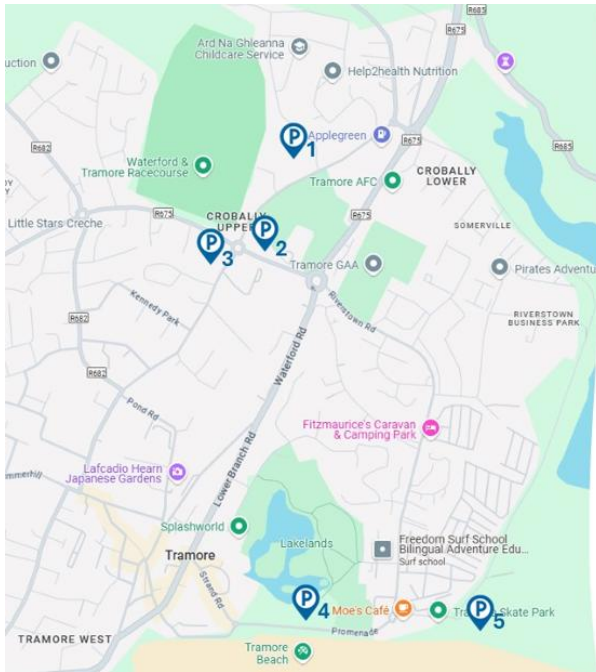
Car parks 4 and 5 will be serviced by a park and ride bus service.

Bus Parking



Club Buses

- Club buses arriving via R685 (Glen Road) and R675 (Waterford Road) will be directed along R675 direction Tramore, take third exit at GAA roundabout and third exit at Racecourse roundabout to descend the Old Waterford Road to the bus set down point
- Following set down, buses will proceed down the Old Waterford Road to R675 direction Tramore to park at the GAA car park



Club Tents



Clubs wishing to bring club tents to the event must arrive at the Racecourse before 8:45am to access Car Park 1

Clubs are responsible for transporting their own club tents from the car park to the club tent area (500m approx. with a steep hill)

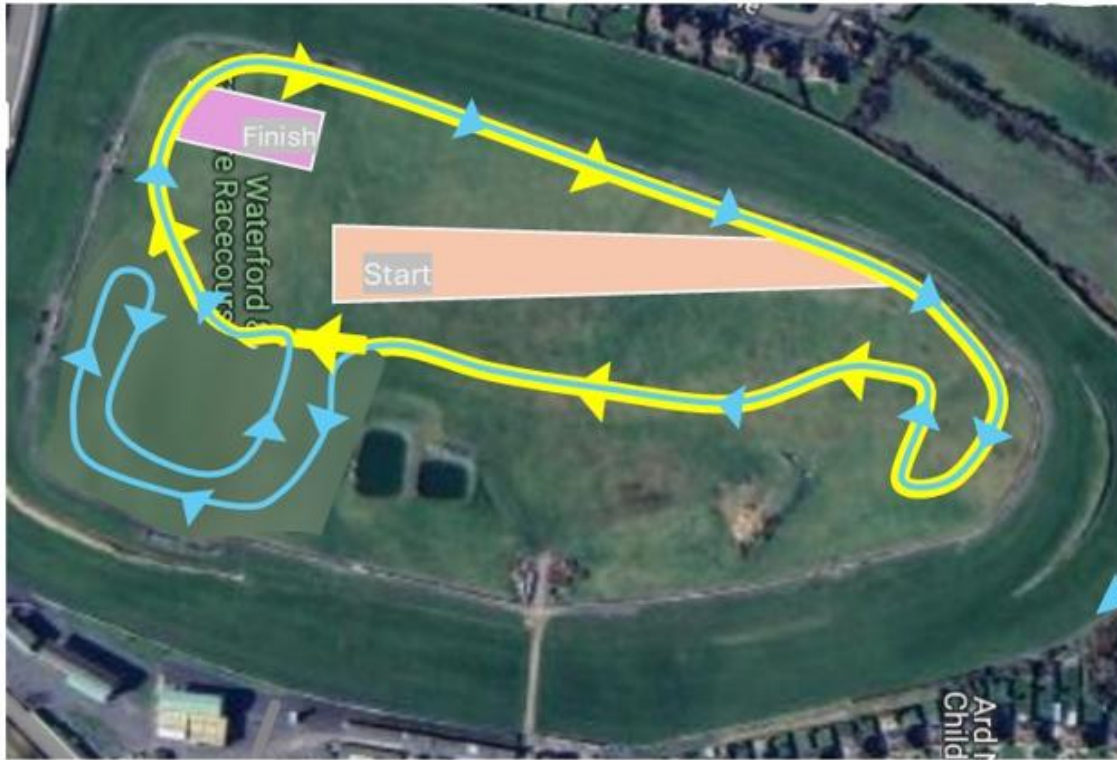
No vehicular access will be permitted onto the event site for transport of club tents

If arriving later than 8:45am, you may not be able to access car park 1, and club tents will not be permitted onto shuttle buses

Course Map

1000m lap

1500m lap



U11G	1,500m	1			
U11B					
U13G	2,500m	1		1	
U13B					
U15G	3,500m	2		1	
U15B					
U17G	4,500m	3			
U17 B					
U19G	5,000m	2		2	
U19B					
Novice W	4,000m	1		2	
Novice M	6,000m	4			



Site Map Course Area



- Access to the course
- Course Crossing Point
- Out of Bounds Area
- Club Tent area
- Race laps
- Warm Up Area 1
- Toilets

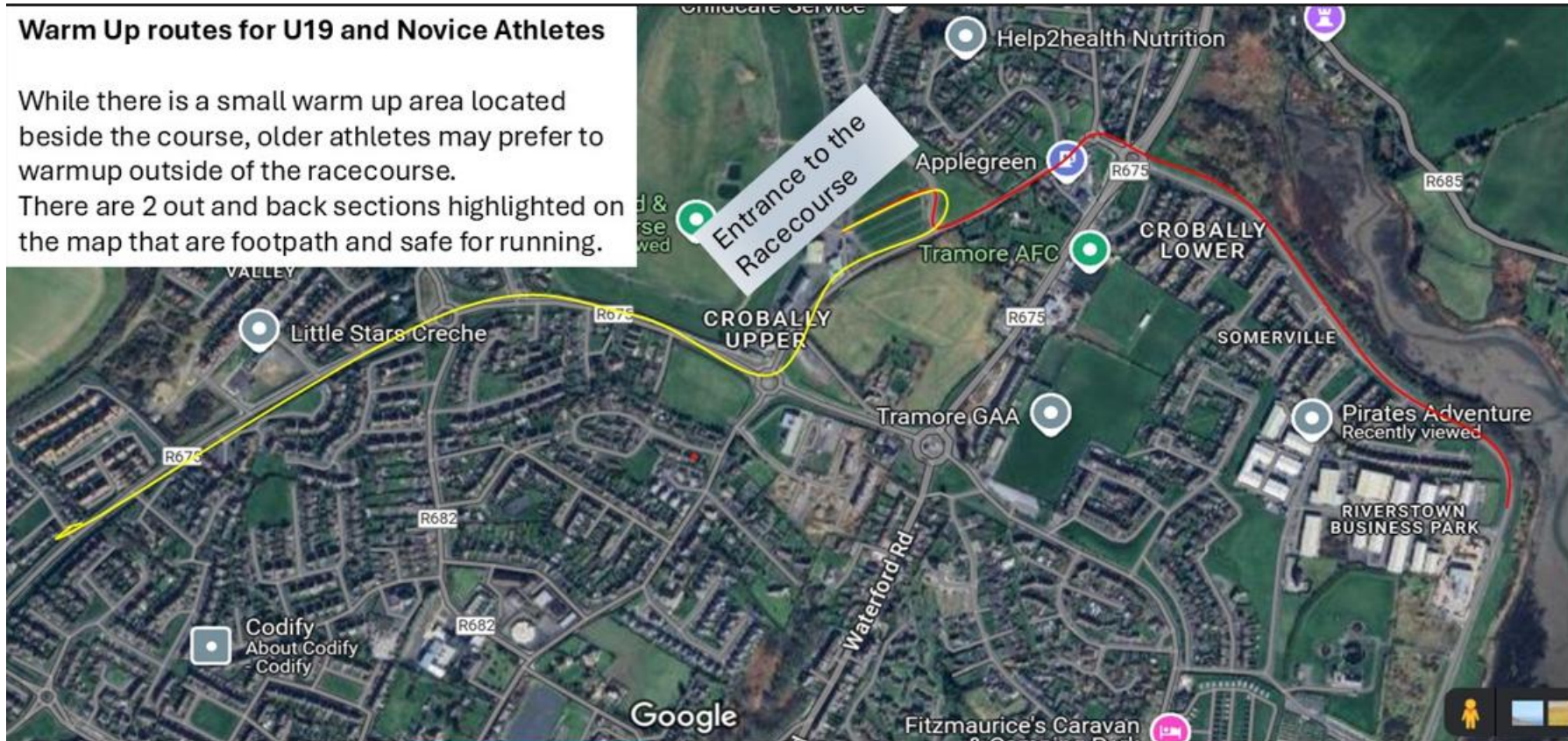
NO ACCESS is permitted onto the horse-race or ambulance tracks, or any area indicated on the map as being out-of-bounds

NO DOGS are permitted on site



Warm Up routes for U19 and Novice Athletes

While there is a small warm up area located beside the course, older athletes may prefer to warmup outside of the racecourse. There are 2 out and back sections highlighted on the map that are footpath and safe for running.



EVENT TICKETS



**123.ie National Novice and
Uneven Age Cross Country
Championships**



SCHEDULE

123.ie

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EVENT	DISTANCE	TIME
GIRLS U11	1500M	11:00
BOYS U11	1500M	11:10
GIRLS U13	2500M	11:20
BOYS U13	2500M	11:35
GIRLS U15	3500M	11:50
BOYS U15	3500M	12:10
GIRLS U17	4500M	12:30
BOYS U17	4500M	13:05
GIRLS U19	5000M	14:00
BOYS U19	5000M	14:20
NOVICE WOMEN	4000M	14:40
NOVICE MEN	6000M	15:10



123.IE NATIONAL NOVICE & UNEVEN AGE CROSS COUNTY CHAMPIONSHIPS
TRAMORE RACECOURSE , TRAMORE , WATERFORD , X91 XP29 SUNDAY 1st DECEMBER 2024