

List of Cross Country Regulations:

1. WA Rules apply.

- Club singlets and appropriate footwear must be worn.
- Athletes may move up one age group, 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, all 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
In the 17-19 age groups **individual** open entry will apply provided the athlete has 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 through Regional Secretary only.**

3. 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
- **NOTE: U19** Girls 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
- U18 Athletes can enter both U18 and Junior race and score on Club and County teams in both age categories as long as they are entered in both age groups. U18 athletes are considered for the Junior Euro Cross team based on their finishing position in the race.
- 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.

4. Medals:

- First 12 Individuals
- First 3 Regional, County and Club Teams, 6 medals awarded.

5. B Championships:

- Juvenile "B" Championships are open to athletes **who have not received** an Individual, Regional, County or Club Cross Country medal at the National 'A' Championships.
- All athletes must be registered in 2023. (2022 Ages apply for February Comp)
- All competing athletes **must** be entered online either by their club or county whether competing as an individual or on a team.
- Club teams; 6 to run, 4 to score.

- County teams, 6 to score.
- To score, a county team must be entered online by the County Secretary, they may choose to enter individual athletes' names or allow the result to be determined by the first 6 county athletes across the line who have all been entered by their own clubs.
- NOTE: in order to get a race number every athlete must be entered with their name, either by their club or their county, even if on an undeclared County team.

6. Inter Club Relays

- No Entries on the day of competition
- All teams must be pre-entered online by Club Secretaries, Clubs may enter more than one team in each age group.
- Athletes may move up one age group, U10 may run U11 Cross Country.
- Mixed Relay: 2 girls and 2 boys, may run in any order.
- An athlete can only take part in ONE relay team on the day.
- First three teams receive medals; a sub (one) must be declared and present on the day to receive medal.
- Club singlets and appropriate footwear must be worn.
- There will be a 20m changeover zone with the passing of a baton.