

Munster Athletics Road Map to Hold Cross Country Championships in 2021

These fixtures listed below are dependent on Government Restrictions returning to level 2

2020 Age Groups will apply to these Juvenile Cross Country Championships

Munster Fixtures

Event Date	Competitions
Jan 30/31	Munster Even Ages to include U18 + 20
Feb 13/14	Munster Uneven Ages + Seniors
Mar 6/7	Munster Indoor/Outdoor T & F

AAI – National Fixtures

Feb 20/21	National Senior Indoor Championships
Feb 27/28	National Even Age
Mar. 13/14	National Uneven Ages + Seniors
Mar. 27/28	National Inter Club 11,13,15,17,19
April 17/18/25	Indoor/Outdoor Nationals

Qualification from Munster to National

1. Even Age U12 to U18 +U20

- The first 15 Individual Juvenile athletes across the finish line in each age group will qualify for the National Cross Country Championships
- The U20 will be held with this age group and will include U19 athletes (U18 athletes will be automatically entered in the U20 event)

2. Uneven Age U11 to U19 + Senior

- The first 15 Individual Juvenile athletes across the finish line in each age group will qualify for the National Cross Country Championships

3. National Selections

- National will select 23 High Performance athletes after the Provincial Championships to participate in the National Championships
- They will also invite the 2020 Champions Individual & Club to take part

4. Senior Cross Country Championships

- Open Entry will not be available to Senior & U20 athletes for this year
- Senior, U20 & Juvenile Athletes must participate in their Regional Championships
- The first 6 Individual athletes and the first 3 teams will qualify for National
- Individual athletes from Regions are outside of qualified teams.
- Clubs 6 to run 4 to score.
- Maximum 6 athletes from Qualified Club
- Qualified Clubs to name team 14 days out.
- Qualified Clubs can name 3 non travelling reserves.
- No Grades
- 2020 Age Groups
- No Inter Counties

5. Entry Fees

- Juvenile - €5
- U20 (Junior) - €10
- Senior - €10

6. Chip Timing

- Chip Timing will be used
- First Race will start at 10:30am

Senior Qualification Women & Men

	Clubs	No. Athletes	Individual	Total
Connacht	3	18	6	24
Dublin	3	18	6	24
Leinster	3	18	6	24
Munster	3	18	6	24
Ulster/ANI	3	18	6	24
2020 Champions	1	6	1	7
High Performance			23	23
Total				150