



*Munster Senior Cross-  
Country Competition  
Booklet 2022*

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## Age Categories

- Senior Cross-Country athletes must be 18 years of age on the 31st December in the year of competition
- Under 23 athletes must be aged 20 and under 23 years on the 31st December in the year of competition
- Intermediate Cross-Country athletes must be 20 years or over on the 31st December in the year of competition
- Novice Cross Country athletes must be 19 years of age or over on the 31st December in the year of competition
- Junior athletes must be 16 years on the 31st December in the year of competition and under 20 years on the 31st December in the year of competition
- Master athletes both male and female attain eligibility on their 35th birthday.
- Athletes must be 18 years of age to compete in events of 10,000m and over. The recommended age groups for juveniles are: Up to U11 – 1 mile: 12 – 13 2k: 14-15 3k: 16 – 18 5k.

## Munster Athletics Cross-Country Regulations 2022



### REGULATIONS

- All athletes must be registered for 2022.
- Where any athlete competes in a Munster Championship and who does not have a current year's Registration Number at the time, then that athlete automatically disqualifies himself/herself from being entered for the next round of the Championship i.e. National/All-Ireland (Munster Convention 2013).
- Any athlete who has been automatically disqualified for competing in a Munster Championship without a current year's Registration Number may be prohibited from competing in all other Munster Championships/Competitions for the remainder of that calendar year (Munster Convention 2013).
- All competitors must wear official team colours.
- In Inter County Competition (Senior and Junior) all athletes must wear county colours.
- In Inter County (Senior and Junior) all entries must be approved by relevant County Board.
- Applications for regrading will be accepted by National on a publicised date prior to the commencement of the Cross-Country Season for individual Senior, Intermediate and Novice.

### SENIOR

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

### NOVICE

The following rules apply to athletes wishing to take part in the Munster Novice Cross Country Championships (Munster Convention 2012).

Novice athletes must be

1. 19 years of age or over on the 31st December in the year of competition.
2. An athlete who has never been an *individual* medal winner (Top 3 Men or Top Woman) at Munster or National Novice Cross-Country Championships.
3. An athlete who has never been an *individual* medal winner (Top 3 Men or Top Woman) at Munster or National Intermediate Cross-Country Championships.
4. An athlete who has never been an *individual* medal winner (Top 3 Men or Top Woman) at Munster or National Senior grade A Championships.
5. An athlete who has never been an *individual* medal winner (Top 3 Men and Top Woman) at Munster Road Championships.
6. An athlete who has never represented Ireland at any IAAF or EAA Championship.
7. Athletes who have won medals as part of a Munster or National Novice, Intermediate or Senior Cross County team do not lose their status.
8. The status of an athlete will not be altered during a Cross Country season (September to April).

## **INTERMEDIATE**

That the following rules apply to athletes wishing to take part in the Munster Intermediate Cross-country Championships (Munster Convention 2012)

Intermediate athletes must be

1. 20 years of age or over on 31st December in the year of Competition.
2. An athlete who has never been an *individual* medal winner (Top 3 Men and Top Woman) at Munster or National Intermediate Cross-Country Championships.
3. An athlete who has never been an *individual* medal winner (Top 3 Men and Top Woman) at Munster or National Senior grade A Cross Country C/Ships.
4. An athlete who has never been an *individual* medal winner (Top 3 Men and Top Woman) at Munster Road Championships.
5. An athlete who has never been a member of a Senior International Team.
6. Athletes who have won medals as part of a Munster or National Intermediate or Senior Cross County team do not lose their status.
7. Status of an athlete will not be altered during a Cross Country season (September to April).

## **UNDER 23**

1. Under 23 athletes must be aged between 20 and under 23 years on the 31st December in the year of competition.
2. Under 23 athletes must declare and must indicate correctly on entry form.

## **JUNIOR**

1. Junior athletes must be 16 years on the 31st December in the year of competition and under 20 years on the 31st December in the year of competition.
2. The U/20 (Junior) Women's Munster Cross Country Championships will be run in conjunction with the Juvenile U18 Girls Championships.
3. The U/20 (Junior) Men's Munster Cross Country Championship will be run in conjunction with the Juvenile U18 Boy's Championships.

## **SENIOR JUNIOR MASTER DISTANCES**

<b>Inter Club</b>	<b>Distance</b>	<b>No to Run</b>	<b>No to Score</b>	<b>No to Run</b>	<b>No to Score</b>
Senior Men	10,000m	12	4	-----	-----
Senior Women	6,000m	12	4	-----	-----
Under 23 Men	6,000m	12	4	-----	-----
Under 23 Women	4,000m	12	4	-----	-----
Junior Men	6,000m	12	4	-----	-----
Junior Women	4,000m	12	4	-----	-----
<b>Inter County</b>				<b>County</b>	<b>County</b>

Senior Men	10,000m	-----	-----	15	6
Senior Women	6,000m	-----	-----	12	4
Junior Men	6,000m	-----	-----	12	6
Junior Women	4,000m	-----	-----	12	4
<b>Inter Club &amp; County</b>		<b>Club</b>		<b>County</b>	
Novice Men	6,000m		4		6
Novice Women	4,000m		4	8	4
Intermediate Men	8,000m		4		6
Intermediate Women	5,000m		4		4
Masters Men	7,000m		4	8	4
Masters Women	4,000m		4	8	4

Men's Distance is 7k and Women's is 4k with the option for 0/65 Men to run 4k with the Women. Senior Relays are 4 x 1k and Juvenile Relays are 4 x 500m.

Mixed Relay teams can name their teams on the day at check in. County teams also need to be declared when checking in.

### **Scoring**

- Club Teams: 4 to score for Men and Women 0/35; 3 to score for Men and Women 0/50 and 0/65 Men (4k only)
- County Teams - 6 to score for Men 0/35, 4 to score for Women 0/35 and Men and Women 0/50; 3 to score for Men 0/65 (4k only).
- **ONLINE ENTRY** will be in operation for all Munster Cross Country Competitions. *Athletes need to be entered as individuals.*
- *Club Teams DO NOT need to be entered online as they are free and they will be calculated from the results on the day.*
- *All County Teams need to be entered online but individuals on teams do not need to be named. Master Age Category teams (team categories are 0/35 and 0/50, same as National) need to be declared to the Munster Cross Country Secretary on the day.*
- **PAYMENT ONLINE ONLY, NO CHEQUES/POSTAL ORDERS.**

#### **Medals:**

**First 3 individuals**

**First 3 Club & County Teams**

#### **Fees:**

**Club**

**Free**

**County**

**€20 plus transaction fee**

**Individual**

**€10 plus transaction fee**