

2014 Cork Cross Country Championships



Date	Competition	Venue	Closing Date
Sunday, October 5 th 12pm	Novice Cross Country	West Muskerry	Sunday September 28 th
Sunday, October 12 th 12pm	Masters Cross Country	Conna (St Catherines AC)	Sunday October 5 th
Sunday, October 19 th 12pm	Intermediate Cross Country	Castlelyons (St Nicholas AC)	Sunday October 12 th
Sunday, October 19 th (after juvenile B races)	Novice B Cross Country	Castlelyons (St Nicholas AC)	Sunday October 12 th
Sunday November 2 nd , 12pm	Junior & Senior Cross Country	Riverstick	Tuesday October 28 th
Sunday, October 5 th after novice races	Juvenile Even Age Cross Country	West Muskerry	Sunday September 28 th
*Sunday, October 12 th after masters races	Juvenile Uneven Age Cross Country	Conna (St Catherines AC)	Sunday October 5 th
Sunday, October 19 th after intermediate races	Juvenile B Cross Country	Castlelyons (St Nicholas AC)	Monday October 13 th

*The fixture being hosted by St Catherines AC may be televised by www.irishtv.ie

General

- Athletes must be registered with AAI to take part
- Clubs with outstanding fees owed from the Track and Field Season will not be allowed to take part
- Entries by Email only – No texting or phone calls
- No late entries will be accepted
- Please respect our venues !
- Cheques / Postal order to be made payable to Cork County AAI, to be sent to Mary Meagher, Cork AAI, 3 Whitethorn Drive, Station Rd, Blarney, Co. Cork

Senior

- For eligibility for different competitions see - <http://corkathletics.org/Competition%20Bye%20Laws.pdf>
- Women will run first followed by the men
- Team events – 4 to score with the exception of the masters men O/50
- Masters Categories start at O/35, O/40, O/45.....
- Your age on the day of Competition determines your Masters Category

Juvenile

- No athlete born in 2007 (under 8) can take part
- Athletes must take part in the A Championships to be eligible for the B championships