**Munster Athletics Juvenile-Senior Cross-Country Regulations 2025**

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* WA Rules apply.
* Athletes may move up **ONE** age group except for the U/9 age group. To compete U/9, the minimum age is **EIGHT** years (i.e., all athletes must turn 8 years old in 2025)
* **Club teams** in the 11-19 age group all athletes must have competed in the Provincial/Regional Cross-Country Championships in order to qualify for Nationals. **There is no follow-on All Ireland competition for U/9 & U/10 age groups. They compete at Munster level only. If a Club team has not competed and qualified from Munster Championships, they cannot subsequently enter a team at National level even if there is space.**
* *Following the 2019 Munster Convention, it has been decided that the U/20 Women’s Munster Cross Country Race will be run in conjunction with the Juvenile U19 girl's race and the U/20 Men’s Munster Cross Country Race will be run in conjunction with the Juvenile U19 boy's race. U/19 athletes may score on the U/20 Team if selected & entered as well as score on U/19 Club and County Teams.*
* **All entries for Nationals will be completed on-line by club secretaries and will be checked by Regional Secretaries.**
* Athletes must be registered with AAI.
* Pacing of athletes may lead to disqualification. Please inform club officials and parents.
* **It is strongly recommended that all athletes wear the correct footwear. Any athletes who choose to run barefoot on the day of a Championships shall be moved by the Starter to the outside of the start line for their own safety.**
* **No earphones should be worn at any time in call area or competition.**

|  |  |  |
| --- | --- | --- |
| **Medals:** | **“A” Championships**  **“B” Competition** | **First 12 individuals**  **First 3 County and Club teams**  **First 12 individuals**  **First 3 County and Club teams** |
| **Fees:** | **Club** | **Free** |
|  | **County** | **€20 plus transaction fee** |
|  | **Individual** | **€5 plus transaction fee** |
|  | **Relay Teams** | **€10 plus transaction fee** |

**Eligibility for Munster Juvenile “B” Cross Country**

1. All Athletes must be registered with Athletics Ireland prior to the commencement of the Munster Juvenile “A” Cross Country Championships 2025 and MUST be entered in the Munster Juvenile “A” Championships.
2. The **FIRST 12 ATHLETES** across the Finish Line in the Munster “A” Cross Country Championships each receive an individual Medal and are **NOT ELIGBLE TO TAKE PART IN THE Munster “B”** Cross Country Championships
3. The **4 SCORING ATHLETES** on any of the first 3 club teams in all **AGE GROUPS ARE NOT Eligible TO TAKE PART IN THE MUNSTER “B” CROSS COUNTRY.**  Athletes that receive subs medals may be entered in the “B” Championships
4. The **6 SCORING ATHLETES** on any of the first 3 County Teams in **all AGE GROUPS ARE NOT ELIGBLE TO TAKE PART IN THE MUNSTER “B” CHAMPIONSHIPS**

* Entries through Club Secretary for “B” Competition.
* Entries through Club Secretary for Inter Club Relays. Club Singlets must be worn.
* **ONLINE ENTRY** will be in operation for all Munster Cross Country Competitions. ***Athletes just need to be entered as individuals. Club Teams DO NOT need to be entered online (except for the Juvenile Inter-Club XC Relays on 30th November) as they are free, and they will be calculated from the results on the day.*** County teams do need to be entered in advance by County Secretaries. There is no need to name individual athletes on the team, just the team’s name**.**

Any Athletes who qualify for National Cross-Country Championships & who are unable to attend on the day, please let the Munster Cross Country Secretary, Michael Lillis know **without delay** so that a substitute can be added to the Munster team. **Contact Michael at** [**michaellillis38@gmail.com**](mailto:michaellillis38@gmail.com) **or 065 9050051.**

**“A” Cross Country Distances**

|  |  |  |  |
| --- | --- | --- | --- |
| **Girls** | **Distances** | **Boys** | **Distances** |
| 09 | 750m | 09 | 750m (Munster Only) |
| 10 | 1000m | 10 | 1000m (Munster) |
| 11 | 1500m | 11 | 1500m |
| 12 | 2000m | 12 | 2000m |
| 13 | 2500m | 13 | 2500m |
| 14 | 3000m | 14 | 3000m |
| 15 | 3500m | 15 | 3500m |
| 16 | 4000m | 16 | 4000m |
| 17 | 4500m | 17 | 4500m |
| 18 | 4500m | 18 | 4500m |
| 19 | 5000m | 19 | 5000m |

**Juvenile “B” Cross Country Distances**

|  |  |  |  |
| --- | --- | --- | --- |
| **Girls** | **Distances** | **Boys** | **Distances** |

09 750m 09 750m (Munster only)

11 1000m 11 1000m

13 1500m 13 1500m

15 2500m 15 2500m

17 3000m 17 3000m

**Munster Juvenile Inter-Club Relays**

1. All athletes must be registered. (2025 Ages apply).
2. Teams do not have to qualify from County Championships, it is an open entry competition.
3. Entries online through Club Secretary for Relay Championships.
4. Club Singlet must be worn.
5. **It is strongly recommended that all athletes wear the correct footwear.** It is not advisable that any athlete runs barefoot due to the danger of being spiked or treading on anything sharp or dangerous that may inadvertently be in the cross-country location.
6. No Entries on the day.
7. Age groups will be U10 Girls, U10 Boys, U12 Girls, U12 Boys, U14 Girls, U14 Boys. U16 Mixed Relay. For U16 Mixed Relay team, there must be **2 girls and 2 boys** and girls will run with girls and boys with boys on the relay legs.
8. Athletes may move up ONE age group.
9. There is no limit on the number of teams that any Club can enter in a particular age group.
10. For each age group, Clubs do not have to enter a minimum of two athletes at the upper age eg. for an U12 relay, Clubs can enter 4 U/11 athletes, they don't need to have a minimum of two U12 athletes on the team.
11. All teams must be pre-entered online. Maximum of 5 athletes per team (4 + 2 subs). Fee is €10.00 + admin fee.
12. First 3 teams receive medals; Sub must be declared and present on the day to receive medal.
13. *For the Relay competitions, if all Clubs could bring their own relay batons. Munster will provide a limited number of batons for use by Clubs that have numerous teams entered on the day.*

**Distances**

|  |  |
| --- | --- |
| Girls 10 | 4 x 500m (Munster Only) |
| Boys 10 | 4 x 500m (Munster Only) |
| Girls 12 | 4 x 500m |
| Boys 12 | 4 x 500m |
| Girls 14 | 4 x 500m |
| Boys U14 | 4 x 500m |
| Mixed U16 | 4 x 500m (Munster Only) |

**Age Rules**

# Athletes born in 2018 are not eligible to participate in the U10 Relay

|  |  |  |
| --- | --- | --- |
| **Girls** | **Born** | **Boys** |
| U09 Girls | 2017 | U09 Boys |
| U10 Girls | 2016/17 | U10 Boys |
| U11 Girls | 2015/16 | U11Boys |
| U12 Girls | 2014/15 | U12 Boys |
| U13 Girls | 2013/14 | U13 Boys |
| U14 Girls | 2012/13 | U14 Boys |
| U15 Girls | 2011/12 | U15 Boys |
| U16 Girls | 2010/11 | U16 Boys |

Athletes can move up one age group for Relays e.g. for U10 relays, athletes must be born in either 2017 or 2016.

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Munster Athletics

**Munster Senior Cross-Country Competition Booklet 2025**

**All Enquiries to Munster Cross Country Secretary,**

**Michael Lillis.**

**E-Mail: michaellillis38@gmail.com**

**www.munsterathletics.com**

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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.

**Munster Athletics Cross-Country Regulations 2023**

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**REGULATIONS**

* All athletes must be registered for 2025.
* All entries will be completed online.
* 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 club colours.
* In Inter County Competition (Senior and U20) all athletes must wear county colours.
* In Inter County (Senior and U20) 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

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 3 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 3 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 3 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 3 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 Country 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

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 3 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 3 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 3 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 Country 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. Under 20 Women’s Munster Cross Country Championships will be run in conjunction with the Juvenile U18 Girls Championships.
3. The Under 20 Men’s Munster Cross Country Championship will be run in conjunction with the Juvenile U18 Boy's Championships.

**SENIOR, UNDER 23, UNDER 20, MASTER, DISTANCES**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Inter Club** | **Distance** | **No to Run** | **No to Score** | **No to Run** | **No to Score** |
| Senior Men | 7,500mm | 12 | 4 | ------ | ----- |
| Senior Women | 7,500m | 12 | 4 | ------ | ------ |
| Under 23 Men | 7.500m | 12 | 4 | ------ | ------ |
| Under 23 Women | 7,500m | 12 | 4 | ------ | ------ |
| Junior Men | 4,500m | 12 | 4 | ------ | ------ |
| Junior Women | 4,500m | 12 | 4 | ------ | ------ |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Inter County** |  |  |  | **County** | **County** |
| Senior Men | 7,500m | ------ | ------ | 15 | 6 |
| Senior Women | 7,500m | ------ | ------ | 12 | 4 |
| Under 20 Men | 4,500m | ------ | ------ | 12 | 6 |
| Under 20 Women | 4,500m | ------ | ------ | 12 | 4 |
| **Inter Club & County** | | **Club** |  | **County** |  |
| Novice Men | 6,000m |  | 4 |  | 6 |
| Novice Women | 5,000m |  | 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.**

|  |  |  |
| --- | --- | --- |
| **Medals:** |  | **First 3 individuals**  **First 3 County and Club teams** |
|  |  | **First 3 Club & County Teams** |
| **Fees:** | **Club** | **Free** |
|  | **County** | **€20 plus transaction fee** |
|  | **Individual** | **€10 plus transaction fee** |