



*Munster Senior Cross-
Country Competition
Booklet 2021*

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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 2021



REGULATIONS

- All athletes must be registered for 2021.
- 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 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 or a scoring member of the winning club or county team at Munster or National Novice Cross Country.
3. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at Munster or National Intermediate Cross-Country Championships.
4. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at Munster or National Senior grade A Championships.
5. An athlete who is a scoring member of the winning club or county team at Munster or National grade A Road or Cross Country.
6. An athlete who has never represented Ireland at any IAAF or EAA Championship.

7. The status of an athlete will not be altered during a Cross Country season (September to April) other than in the case of an individual win.
8. The 1st, 2nd, and 3rd individuals only lose their status at Munster Novice Cross Country and that team does not lose (Munster Convention 2013).

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 at Munster or National Intermediate Cross-Country Championships.
3. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at Munster or National Senior grade A Cross Country C/Ships.
4. An athlete who has never been an individual medal winner or scoring member of the winning club or county team at Munster or National Road Championships.
5. An athlete who has never been a member of a Senior International Team. 6. Status of an athlete will not be altered during a Cross Country season (September to April) other than in the case of an individual win.
6. That 1st, 2nd, and 3rd individuals only lose their status at Munster Intermediate Cross Country and that team does not lose (Munster Convention 2013).

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

Inter Club	Distance	No to Run	No to Score	No to Run	No to Score
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	-----	-----
Inter County				County	County
Senior Men	10,000m	-----	-----	15	6
Senior Women	6,000m	-----	-----	12	4
Junior Men	6,000m	-----	-----	12	6
Junior Women	4,000m	-----	-----	12	4
Inter Club & County		Club		County	
Novice Men	6,000m	12	4	12	6
Novice Women	4,000m	12	4	8	4
Intermediate Men	8,000m	15	4	12	6
Intermediate Women	5,000m	12	4	12	4
Masters Men	7,000m	12	4	12	4
Masters Women	4,000m	12	4	12	4

- **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

Individual

€10