



Athletics Ireland Tipperary County Board



Moyne Village, Thurles, Co. Tipperary

E-mail: maighean@outlook.com

Telephone: 087 2027482

2022 County Juvenile Cross Country Championships

Dear Clubs,

Day One (Even Ages) of the County Juvenile Cross Country Championships will be held in Galbally, hosted by Moreabbey Milers AC, on Sunday 2nd of October starting at 11am. **Closing date for online entries is Thursday 29th September 2022 @ 6pm. No late entries or entries on the day will be accepted.**

Day Two (Un-Even Ages) of the County Juvenile Cross Country Championships will be held in The Turnpike, Two-Mile-Borris, hosted by Moycarkey-Coolcree AC, on Sunday 9th October starting at 11am. **Closing date for online entries is Thursday 06th October 2022 @ 6pm. No late entries or entries on the day will be accepted.**

The County Juvenile Relays will be held in the grounds of Thurles Crokes AC on Sunday 16th October starting at 11am. **Closing date for online entries is Thursday 13th October 2022 @ 6pm. No late entries or entries on the day will be accepted.**

Individual medals will be presented to the first **10** across the line at U/9, U/10, U/11, U/12, and U/13 and to the first **3** across the line at U/14, U/15, U/16, U/17, U/18, and U/19.

Medals will be awarded to the top three teams in each event. Teams of 4 will score at U/9, U/10, U/11, U/12, U/13, and U/14 and teams of 3 at U/15, U/16, U/17, U/18, and U/19. If there are no teams of 4, medals will be awarded to teams of 3.

Please note that the **County Junior Cross-Country Championships** will also take place on the same day as the County Un-Even Age Cross Country Championships **on Sunday 9th October 2022**. As per our County By-Laws - the U/17, U/19 & Junior Ladies Cross-Country Championships will be run as one race and the U/17, U/19 & Junior Men will be run as one race. Medals will be awarded to the top 3 individuals in each category within that race and to the top three team with 3 to score. Athletes must declare which race they are entering.

The 2022 Cross Country Distances are:

Girls

G09 – (Born 2015, 2014) - 600m (county only)
G10 – (Born 2014, 2013) - 800mts (county only)
G11 – (Born 2013, 2012) - 1,500mts
G12 – (Born 2012, 2011) - 2,000mts
G13 – (Born 2011, 2010) - 2,500mts
G14 – (Born 2010, 2009) - 3,000mts
G15 – (Born 2009, 2008) - 3,500mts
G16 – (Born 2008, 2007) - 4,000mts
G17 – (Born 2007, 2006) - 4,000mts
G18 – (Born 2006, 2005) - 4,000mts
G19 – (Born 2004, 2005) - 4,000mts
Junior Ladies – (Over 16 & U/20) - 4,000mts

Boys

B09 – (Born 2015, 2014) - 600m (county only)
B10 – (Born 2014, 2013) - 800m (county only)
B11 – (Born 2013, 2012) - 1,500mts
B12 – (Born 2012, 2011) - 2,000mts
B13 – (Born 2011, 2010) - 2,500mts
B14 – (Born 2010, 2009) - 3,000mts
B15 – (Born 2009, 2008) - 3,500mts
B16 – (Born 2008, 2007) - 4,000mts
B17 – (Born 2007, 2006) - 5,000mts
B18 – (Born 2006, 2005) - 6,000mts
B19 – (Born 2004, 2005) - 5,000mts
Junior Men – (Over 16 & U/20) - 5,000mts

Relays 4 x 500mts – U/10, U/12, U/14 Boys & Girls, Mixed U/16 (To include at least two female). Athletes may move up two age groups in all cases except where a club is entering more than one team in any one race. Athletes may only be a member of one team on the day i.e., an U/10 cannot be on an U/10 and U/12 team.

Yours in sport,
Eibhlís Purcell
Juvenile Cross Country Secretary