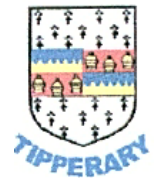




Athletics Ireland

Tipperary County Board



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2019 County Juvenile Cross Country Championships

Dear Clubs,

Day one of the County Juvenile Cross Country Championships (Even Ages) will be held in **Newport** on Sunday 6th of October, starting at 12 noon. **Closing date for online entries is Thursday 03rd October 2019.**

Day two of the County Juvenile Cross Country Championships (Un-even Ages) will be held in **Moyglass** on Sunday 13th of October starting at 12 noon. **Closing date for receipt of entries is Thursday 10th October 2019.**

Important Notice

At this year's Annual General Meeting a motion was passed that the **U/17, U/19 and Junior** races would be run as one race on the day of the County Un-Even Age Championships. Distance for the U/19 & Junior Men is reduced to 5,000mts (County level only).

"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"

Scoring

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, U/19 and Junior.

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, U/19 and Junior. If there are no teams of 4, medals will be awarded to teams of 3.

Distances

| Girls | Boys | Girls | Boys |
|----------------|----------------|-------------------|-------------------|
| G10 – 800mts | B10 – 800mts | G09 – 600mts | B09 – 600mts |
| G12 – 2,000mts | B12 – 2,000mts | G11 – 1,500mts | B11 – 1,500mts |
| G14 – 3,000mts | B14 – 3,000mts | G13 – 2,500mts | B13 – 2,500mts |
| G16 – 4,000mts | B16 – 4,000mts | G15 – 3,500mts | B15 – 3,500mts |
| G18 – 4,000mts | B18 – 6,000mts | G17 – 4,000mts | B17 – 5,000mts |
| | | G19 – 4,000mts | B19 – 5,000mts |
| | | Junior – 4,000mts | Junior – 5,000mts |

Yours in sport,

Eibhlis Purcell

Juvenile Cross-Country Secretary