

# Cork County Board Competition Bye Laws

All athletes representing Cork in inter-county championships must wear Cork singlets

## **Track and Field**

At juvenile, junior and senior level the Cork county board promotes championships in all track and field events as outlined in the AAI competition rule handbook.

There is no provision for novice track and field. Athletes traditionally in this grade are now catered for in the series of graded leagues promoted throughout the summer.

## **Cross Country**

### **Distances**

The distances for both the county juvenile and adult cross country championships are as set out in the AAI competition rule handbook. A whistle start should only be used at Under 9 cross country. The county junior men and women and the county senior men's championships are run at the National Inter counties distance. The county senior women's championship distance is 6000m.

### **Team Competitions**

Teams of any number from the same club can enter the team contest with the first 4 counting towards the team's result (3 to count in masters over 50 teams). In adult ladies and at juvenile B competition if there are less than 3 teams with 4 finishers than the remaining team medal positions will be decided in the usual manner by including any remaining teams with 3 finishers.

### **Adult Grades**

An athlete who is not eligible to compete in novice or intermediate at provincial or National level is automatically not eligible to compete at that grade at Cork county level.

The status of an athlete at Cork county will not be affected by any performance, at a provincial or national championship, that does not rule the athlete out of the grade at provincial or national level.

- 1 Men's county novice A: The athlete must not have won the county novice cross country previously or an individual medal at the county intermediate or senior cross-country championships. The athlete must not have previously been a scoring member on a club team that won any combination of the county novice, intermediate or senior cross country championships twice.
- 2 Women's county novice A: The athlete must not have won the county novice cross country previously or an individual medal at the county intermediate or senior cross-country championship
- 3 Men's county intermediate: The athlete must not have previously won an individual medal in either the county intermediate or senior championships. The athlete must not have previously been a scoring member on a club team that won any combination of the county intermediate or senior cross country championships twice.
- 4 Women's county intermediate: The athlete must not have won the county intermediate cross country previously or an individual medal at the county senior cross-country championships
- 5 Men and women's novice B: The athlete must be eligible for the county novice A and must not have won a medal in any cross country championship event in the current season at any level. Previous individual novice B medal winners are also excluded.

### **Re-grading**

The only existing rule regarding re-grading at county level is that an athlete can only be re-graded one grade down at a time, decided on the merits of the case put before the September county board meeting.

Recommendation: If an athlete wishes to be re-graded he/she should start at the highest status from which they have been eliminated and work down one step at a time i.e. an athlete not eligible for Munster novice should not be re-graded to back to novice status at Cork before being re-graded at Munster.

### **Road**

Novice Men: The athlete must not have won an individual medal at any road race championship greater than 1500m at any level (including county novice). The athlete must not have previously been a scoring member on a club team that won a county road championship twice.

Novice Women: The athlete must not have won an individual medal at any road race championship greater than 1500m at any level (including county novice).

The distance for novice and masters, men and women road championships, is 4 miles.

Team results are calculated on the basis of 4 to score

There is no road championship for Intermediate grade.

For seniors the County Board strives to facilitate county championships within existing open road races at 10 miles, half marathon and marathon distances.

Team results are calculated on the basis of 3 to score

Double entry fee applies to athletes entering on the day of competition for non-juvenile championship competitions (track and field, cross country and road).

In issuing permits road races should not clash with championship events