

General

- Entry forms available on <https://www.corkathletics.org/forms/entry-forms.html>
- All Athletes taking part MUST be registered Athletics Ireland (AAI) Members
- Club Colours must be worn by all competitors
- Pacing of Athletes is prohibited. Pacing will result in disqualification.
- Clubs with fees outstanding from the Track and Field Season will be prohibited from taking part
- Entries by Email only – Entries by text or by phone will NOT be accepted
- Late entries will NOT be accepted
- Please respect our venues!
- Cheques / Postal orders, payable to “Cork County Board AAI”, are to be sent to Mary Meagher, Cork AAI, 3 Whitethorn Drive, Station Rd, Blarney, Co. Cork

Senior

- For eligibility for the various competitions see - <https://www.corkathletics.org/about-us/competition-by-laws.html>
- Women’s events run first, followed by the men’s events
- Team events – 4 to score with the exception of the masters men Over-50 and Over-65, and masters women Over-45 (3 to score)
- Masters Categories start at Over-35, Over-40, Over-45, etc
- Each individual’s masters category is determined by their age on the day of Competition
- The Junior and Under 18 races will be run together **(First event on the programme starting at 12pm)** Athletes may compete in both events, but, if so, must be entered for both events!

Juvenile

- Under-8 athletes (born in 2012, or since) may NOT take part
- To be eligible for the B championships, athletes must have been entered in the A Championships

