

Cross- Country General Notes 2022

- 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 via [Online Entry Portal Only](#) – Entries by text or by phone will **NOT** be accepted
- Late entries will NOT be accepted
- Please respect our venues!

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!

Juveniles

- Under-8, or younger, athletes may **NOT** take part
- To be eligible for the B championships, athletes must have been entered in the A Championships