

Munster Juvenile Uneven Age, U/20 & Senior Cross Country Championships

Date: Sunday 10th November

Time: First race at 11.30am

Venue: Conna, Co. Cork

Closing Date: Wednesday 6th November @ midnight

Fees: 2 euro per juvenile (U/9 to U/19) & 5 euro for U/20 & Senior. **U/19 athletes can also enter the U/20 competition.** All individual entries, no need for team entries. Transaction fee applies.

Ages:

1. Juveniles: U/9, U/11, U/13, U/15, U/17 & U/19 as of 31.12.2019.

2019 Age Categories

1. Age categories calculated from 31 December in the year of competition.
2. No athlete may obtain a birthday in the year of competition and compete in that age.

Please note all ages should be read as UNDER the stated age

Age 9 Born 2011
Age 10 Born 2010
Age 11 Born 2009
Age 12 Born 2008
Age 13 Born 2007
Age 14 Born 2006
Age 15 Born 2005
Age 16 Born 2004
Age 17 Born 2003
Age 18 Born 2002
Age 19 Born 2001

2. Athletes may move up **ONE** age group except for the U/9 age group. To compete U/9, the minimum age is **EIGHT** years (i.e. all athletes must turn 8 years old in 2019, no athlete turning 7 in 2019 may compete).
3. U/20: Must be aged 16 and U/20 years as of 31.12.2019
4. Senior: Must be 18 years of age and over as of 31.12.2019

Distances:

Juvenile

Girls	Distances	Boys	Distances
09	750m	09	750m
11	1500m	11	1500m
13	2500m	13	2500m
15	3500m	15	3500m
17	4000m	17	5000m
19	4000m	19	6000m

Senior: 6k for Women & 10k for Men

U/20: 4k for Women & 6k for Men