



**NORTHERN IRELAND & ULSTER NOVICE  
CROSS COUNTRY CHAMPIONSHIPS 2017**  
Finn Valley, Stranorlar, Donegal  
**Sunday 12<sup>th</sup> November 2017**



**DISTANCES**

Novice Men	6000m
Novice Women	4000m

**SCORING**

Novice Men	8 to Run	4 to Score
Novice Women	6 to Run	3 to Score

Multiple teams must be declared as A Team, B Team etc. Substitutions allowed on the day **ONLY from athletes already entered.** No new athletes will be allowed.

**ELIGIBILITY FOR NOVICE RACE**

**1. An athlete is ineligible to compete in the NI & Ulster Novice Championships if he/she has been;**

- A medal winner at the NI & Ulster Intermediate / Junior or Senior cross county, Individual or team (club or county).
- A medal winner at AAI Novice, Intermediate or Senior cross County, Individual or Team (club or county)
- An individual gold medal winner or scoring member of the winning team in the NI & Ulster Novice.
- An Individual medal winner AAI / NI & Ulster in any track (indoor or outdoor) or road championship event at 1500m and upwards in Senior competitions.
- Represented Ireland/Ulster/Northern Ireland at Senior International level.

**2. Athletes must be aged 19 years or over on the 31 December in the year competition to be eligible to compete in the Novice Championships.**

**3. Status of an athlete will not be altered during a cross country season (September to April) other than in the case of an individual win.**