### **NI & Ulster Novice Cross Country**

Eligibility Rules

**1. An athlete is ineligible to compete in the NI & Ulster Novice Championships if they have been;**

* A medal winner at the NI & UlsterIntermediate / Junior or Senior Cross Country or Road Race Championships (5k- marathon), Individual or team (club or county).
* A medal winner at Athletics Ireland Novice, Intermediate or Senior Cross Country or Road Race Championships, Individual or Team (club or county)
* An individual gold medal winner or scoring member of the winning team in the NI & Ulster Novice Championships.
* An Individual medal winner at AAI or 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 EAA/IAAF 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.**

Distances and Scoring Rules

**DISTANCES**

Novice Men 6000m

Novice Women 4000m

*Please note all distances are (+/- approx.)*

**SCORING**

Novice Men 8 to Run 4 to Score

Novice Women 6 to Run 4 to Score

### **NI & Ulster Intermediate & Masters Cross Country**

Intermediate Eligibility Rules

**Competitors Aged 16 and over the following are ineligible:**

* Represented Ireland or GB&NI at major European, or World Senior Championships
* Individual Medal winner(1st 2nd 3rd ) in AAI Senior Cross Country Championships (Inter Club or Inter Counties)
* Individual Medal winner (1st 2nd 3rd ) in AAI Intermediate Cross Country Championships
* Individual Medal winner (1st 2nd ) in NI & Ulster Senior Cross Country Championships
* Individual winner (1st ) in NI or Ulster Intermediate Cross Country Championships
* Member of 1st or 2nd Team in AAI Inter Club or Inter Counties Senior Cross Country Championships
* Member of 1st or 2nd Team in ANI or Ulster Senior Cross Country Championships
* Member of winning team in AAI Intermediate Cross Country Championships
* Member of winning team in NI or Ulster Intermediate Cross Country Championships

Distances and Scoring Rules

**DISTANCES**

Intermediate Men 8000m

Intermediate Women 6000m

Masters Men 8000m

Masters Women 4000m

*Please note all distances are (+/- approx.)*

**SCORING**

Intermediate Men 12 to Run 6 to Score

Intermediate Women 6 to Run 4 to Score

Masters Men 6 to Run 4 to Score

Masters Women 6 to Run 4 to Score

### **NI & Ulster Senior Cross Country**

Eligibility Rules

1. **. Athletes must be aged 16 years or over on the 31 December in the year competition to be eligible to compete in the Senior Championships.**

Distances and Scoring Rules

**DISTANCES**

Senior Men 10,000m

Senior Women 6000m

*Please note all distances are (+/- approx.)*

**SCORING**

Senior Men 12 to Run 6 to Score

Senior Women 6 to Run 4 to Score