ATHLETICS NORTHERN IRELAND

&

ATHLETICS ULSTER

SENIOR
CROSS COUNTRY CHAMPIONSHIPS
2019

Saturday 23rd February
Lurgan Park, Park Pavilion
Windsor Avenue
Lurgan, BT67 9BG

CLOSING DATE FOR PAPER ENTRIES: Friday 8th February 2019 at 5pm

CLOSING DATE FOR ONLINE ENTRIES: Tuesday 12th February 2019 at 12noon

CLOSING DATE FOR LATE ENTRIES: Wednesday 13th February 2019 at 5pm

**ATHLETICS NORTHERN IRELAND
&
ULSTER ATHLETIC COUNCIL
NI & ULSTER SENIOR
CROSS COUNTRY CHAMPIONSHIPS 2019**

23rd February 2019

SENIOR MEN   *At least 16 on 31 December 2019*

Distance – 12k   *Start time – 2.15pm*
Team Race - enter 14, run 12, score 6
Fees - £24/€28 team, £4/€5.00 per individual

SENIOR WOMEN   *At least 16 on 31 December 2019*

Distance – 6k   *Start time – 1.30pm*
Team Race – enter 8, run 6, score 4
Fees - £16/€20 team, £4/€5.00 per individual

**CLOSING DATE FOR ONLINE ENTRIES: Tuesday 12th February 2019 at 12noon
CLOSING DATE FOR LATE ENTRIES: Wednesday 13th February 2019 at 5pm**

Payment for postal entries may be made by cheque or credit/debit card. Please make all cheques **payable to Athletics NI** and send to:
Athletics Northern Ireland
Athletics House, Old Coach Road, Belfast BT9 5PR
Tel: 028 9060 2707

ENTRIES WILL NOT BE ACCEPTED WITHOUT FEES/CARD DETAILS

NO ENTRIES WILL BE ACCEPTED ON THE DAY

- *Only athletes whose names appear on the programme are eligible to compete.*
- *Teams must field no more than the permitted number. WHERE TWO/MORE TEAMS ARE ENTERED THEY MUST BE DECLARED AS A, B TEAM, ETC.*
- *No additions or substitutions will be allowed.*
- *All athletes must be registered with Athletics Northern Ireland/AAI for t.*

All entries must include date of birth for each athlete, as we are unable to input them on the system without this information.

By entering you confirm you have made guardians of any children/vulnerable adult athletes aware that photography/film footage containing their image may be used by Athletics NI and partners. Media queries/special arrangements & exemption requests to be sent to alan@athleticsni.org