### **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