

Cross Country Fixtures 2017	
21st Oct (Sat) 12 noon	Connacht Primary Schools Finals (4 races) and Senior League (men and women), St Brigids GAA grounds, Kiltoom, Roscommon https://www.google.com/maps/place/53%C2%B029'08.7%22N+8%C2%B001'38.0%22W/@53.486418,-8.024239,13z/data=!4m5!3m4!1s0x0:0x0!8m2!3d53.485747!4d-8.027229?hl=en-US
22 nd Oct (Sun)	Autumn Open Cross Country and Masters Trials > Abbottstown , Dublin . Online entry on Athletics Ireland. Timetable http://www.athleticsireland.ie/downloads/other/Autumn_Open_XC_Timetable_2017_new.pdf
29th Oct (Sun)	Connacht Juvenile Even Ages (U12, 14,16, 18 ages) and Senior League, Hazelwood, Calry, Co Sligo
5th Nov (Sun)	Connacht Uneven Ages (U 11, 13, 15, 17 and 19) and Senior League, Moyne College , Longford
18 th Nov	British and Irish Masters International . Derry .(Athletes selected from race on 22 nd Oct)
26 Nov (Sun)	National Senior Cross Country (Men 10k, Women 8k) and Juvenile Even Ages Cross country Championships , Abbottstown, Dublin
17th Dec (Sun)	National Novice Cross Country (Men 6k and Women 4k + Juvenile Uneven Ages Cross country . Venue Waterford IT

Notes

The Connacht Primary Schools is open only to those who qualified via the Galway championships. Schools have been notified of this competition

The Connacht Juvenile championships take place over two days 29th Oct and 5th Nov. Entry forms will be emailed to clubs in advance. Clubs need to reply with entry forms by the relevant deadline!

Juvenile Athletes can step up an age group in cross country (XC) (eg U11 can do U12 also), U11 for XC in 2017 is born 2007, and so on up .

The Connacht Senior League is a three day league for Men and Women. Men run 8k and Women 4k. Categories are Novice, Senior and Masters 35+. Teams of four score. The winner is the person or team with the lowest points . There are medals for top 3 in each category and top 3 teams

Nationals- Juvenile athletes MUST have qualified from Connachts to run. ie Top 12 individuals or Top 4 club / county teams in the Connacht race. U17 and up ages MUST have entered or ran the Connachts to enter the Nationals. The regional or county secretary will enter athletes.

Adults – Club or County or Individual can enter. No qualification. Novices can not have ran internationally nor have won Intermediate or Senior medals. Club and County teams can compete and individuals can enter . AAI Club members only can run. County Board selects County teams. Clubs enter club teams. Online entry for all Adults on Athletics Ireland.

Those looking to run on Irish Masters teams must be registered with the Irish Masters Athletics Association, compete in the trial or have a wildcard . Selection criteria is same as recent years, i.e. Teams of 4, with first 3 across the line in the Trials or Teams of 6 (Men 35 through to Men50), first 4 across the line with 2 wildcards). Here for more <https://www.irishmasterathletics.com/news>