

Kilkenny AAI Competition Bye Laws

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Age Categories:

The 31st of December in the Competition Year is the reference date for all age categories except Masters.

For Masters the reference date is age on the competition date.

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General:

All Championship events, organised by the County Board must have basic first aid, on site.

Entry fees will be as approved at each County Convention or in default at the next County Committee Meeting where the matter arise.

At County Board meetings, all race permit applications & race fixtures that come in correspondence are to be dealt with & signed by the Co. Secretary.

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Re-grading & Transfers

Re-grading will be one grade down only, twice a year, Applications forms (see appendix no.) to be submitted to co board for consideration at April & September meetings, Re-grading comes into effect from of the following month.

Re-grading will be considered after 3 years from the time the athlete last became ineligible for the grade.

An athlete who has not competed for three years prior to applying for re-grading is entitled to re-grading, but, must apply to the co. board first.

Transfers: All transfers are to be dealt with as per the official A.A.I. guidelines

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Cross Country Championships

Juvenile CC

County Championships will be organised for all ages from under 10 to under 19 inclusive, in one year steps. ("A" Championships). Non championship races for U-7 to 9

Athletes may move up one age category in all cases including under 8's competing at under 9.

County Distances:

Boys		Girls	
U8	200m	U 8	200m
U9	400m	U9	400m
U10	600m	U10	600m
U11	1000m	U11	1000m
U12	1500m	U12	1500m

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U13	2000m	U13	1500m
U14	2500m	U14	2000m
U15	3000m	U15	2500m
U16	3500m	U16	3000m
U17	4000m	U17	3500m
U18	5000m	U18	3500m
U19	5000m	U19	3500m

Teams consist of the first four finishing athletes from each club.

It is 4 to score in all cases except Girls under 19 where it is 3 to score.

Medals will be awarded to the scoring members of the first three teams and first three individuals.

The first ten (10) runners home at U-7 to U-9 inclusive.

The team to represent the county at Leinster C.C. will be comprised of the first twelve (12) finishers in the County A championships, with three further places at the discretion of the co board.

Selection on the county teams for Leinster cross country championships will be by participation in the county championships. The first twelve finishers will be automatic on the county team, the final three places will at the discretion of the county board. If an athlete is unable to compete in the county championships they may declare their interest in selection on the county team by declaring such interest to the county secretary prior to the start of the relevant county cross country championships.

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Juvenile "B" CC

A County 'B' Championship will be held each year for the Under 10, 11 12, 13, 14, 15, 16 age categories. Athletes may move up 1 age group.

Distances:

Girls		Boys	
U-8	200m	U-8	200m
U-9	400m	U-9	400m
U-10	600m	U-10	600m
U-11	800m	U-11	800m
U-12	1000m	U-12	1000m
U-13	1000m	U-13	1000m
U-14	1500m	U-14	1500m
U-15	1500m	U-15	1500m

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All individual medallists in Any Age of the “A” County & first team medallists in Any Age will be ineligible for the “B” Championships. in the year of competition

It is 3 to score in all categories

Medals will be awarded to the scoring members of the first three teams and the first three individuals in each category

The first ten (10) runners home at under 7-9, will be awarded medals

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Juvenile CC Relays

Cross Country Relays will be held for the Under 11.13.15,17

Distances: U-11to U-13: 250m, U-15 to 17: 500m.

Teams: 3 athletes per team.

Athletes may move up 1 age group

There shall be separate races for Boys & Girls U-7 to U- 9

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Senior Short Course CC

Men & Ladies County Championship will be organised each year

The first, second & third finishers are deemed to be senior.

Senior Women Categories: Senior, Novice and O-30

Individual: 1st 2nd and 3rd; Teams: A & B, 4 to score; Distance: 2km;

Senior Men Categories: Senior, Novice O-35, O-40,O-45 and O-50;

Individual: 1st,2nd and 3rd; Teams A, B & C. 4 to score, Distance 4km

All athletes are eligible to score on senior teams. Vets confined to own age

This Race is independent of all other races

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Junior CC

Men & Ladies County Championship will be organised each year

Eligibility: Under 17 to Under 20 inclusive on the 31st of December in the Competition Year.

Distances: Men 6000m Ladies 3000m.

Scoring: Men 4 to score. Ladies 4 to score.

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Novice

Men & Ladies County championships will be organised each year

Eligibility:

Age: 17 years and over on the 31st of December in the year of competition.

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An athlete who has not finished 1st, 2nd in novice cross country in County or any other county.

An Athlete who has not finished 1st or 2nd in intermediate cross country in county or any other county.

An athlete who has not finished 1st,2nd or 3rd in senior cross country in county or any other county. An athlete who has not been a scoring member of a winning team in novice intermediate or senior cross country in county or any county.

An athlete who has not finished 1st, 2nd or 3rd Ind. Or been a scoring member on a winning club or county team at Leinster and National Novice Intermediate or Senior.

Exempted one who has been a scoring member of a winning team in county who has finished outside the top eight individuals

Distances: Men 6000m. Ladies 3000m

Scoring: Men 4 to score. Ladies 3 to score.

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Novice "B" CC

Men & Ladies County Novice "B" Championship will be organised each year

Eligibility: To all athletics who haven't being award winners at a higher grade.

Distances: Men 6000m Ladies 3000m

Scoring : Men 3 to score. Ladies 3 to Score.

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Intermediate CC

Men & Ladies County Championship will be organised each year

Eligibility :

Age 17 years and over on the 31st of December in the Competition Year.

An athlete who has not finished 1st Intermediate championships 1st 2nd or 3rd in senior championships in county or any county. One who has not finished 1st 2nd or 3rd Ind. In Leinster National Novice Intermediate or Senior Championships

One who has not been a scoring member of a winning club or county team in Leinster or National Novice Intermediate or Senior championships

Distances : Men 8000m Ladies 3000m.

Scoring: Men 4 to score. Ladies 4 to score.

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Senior CC

The county board will organise a county senior cross country race for both men and women each year.

The first three individuals to cross the finish line will be awarded medals, in both the men's and women's race.

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The team section will comprise of two categories – A & B. The first four finishing athletes from a club will constitute a team. The next four finishing athletes from a club will constitute the next team and so on.

Any club wishing to enter a team in the B section must declare the team by submitting the team names in writing to the Co. Secretary before the start of the race. Any athlete not entered in the B section will be categorised in the A section.

Team medals will be awarded to the first three teams in the both the A & B categories and in both men's and women's races.

It is the responsibility of each club to enter their athletes in the relevant category and to ensure all athletes understand the ruling.

Men & Ladies County Championship will be organised each year

Eligibility

Age: 17 years and over on the 31st of December in the Competition Year

Distances: Men: 10000m Ladies:4000m

Scoring : Men 4 to score. Ladies 4 to Score.

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Masters CC

Men & Ladies County Championship will be organised each year with team categories for both men and women, namely Men O/35 ,40, O.45 & 50 and Ladies O/30 and O/40.

Distances Men O35 and O40: 6000m, O45 and O50 3000m; Ladies O30 and O40: 3000m;

Scoring: Men 3 to score Ladies 3 to score. Individual first 3

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Road Championships

Novice 6k

Men and Ladies County Championship will be organised each year

Eligibility:

Age 17 years and over on the 31st of December in the year of Competition Year.

Distances : Men 6000m Ladies 6000m

Scoring: Men 4 to score Ladies 3 to score

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Senior 10k

Men & Ladies County Championship will be organised each year

Eligibility:

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Age 17 years and over on the 31st of December in the year of Competition.

Distances: Men 10000m Ladies 10000m

Scoring: Men 4 to score. Ladies 4 to score

Senior 10 Mile

Men's & Ladies County Championship will be organised each year.

Eligibility:

Age 20 years and over on the 31st of December in the Competition Year.

Scoring: Men 4 to score Ladies 3 to score.

Individual medals will be awarded to the 1st three athletes in the masters men/ladies age group.

Marathon

The county marathon will be run within the Dublin City Marathon. The first three individual athletes from Kilkenny will be awarded medals.

The first three club teams from Kilkenny will be awarded medals.

Three to score in team events

Important: Please note that all athletes competing in the county road championships: Novice, Senior 10k and 10 mile events must be declared for the county championships by either themselves or their club. Failure to declare will exclude the athlete from the county championships section of the race. It is the responsibility of athletes and clubs to be aware of the need to declare participation. It is the responsibility of the county Board to facilitate the declaration of athletes. [Back to Contents](#)

Road Walks

Road Walking Championships will be organised each year.

Age categories will be Boys & Girls U 12,14,16 & 18. Junior, Senior & Masters will also be included.

Teams of 3 in all juvenile categories will be awarded. Teams of 3 in the senior section will include junior senior and masters.

Medals will be awarded to the three first three individuals in each race and the first three teams in each categories

Distances:

U-12 1000m Boys & Girls

U-14 1500m Boys & Girls

U-16 2000m Boys & Girls

U-18 3000m Girls

U-18 4000m Boys

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Junior Ladies	3000m
Junior Men	4000m
Senior & Vets Men	6000m
Senior & Vets Ladies	3000m

U-18, Junior, Vets and Senior races will be run together. Junior men have the option of dropping out of the men's race or continuing to compete in the men's race.

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Track and Field

Track & Field Championships

County Track & Field Championships will be organised each year

Athletes U-17 to 20 constitutes a junior athlete.

Juvenile comprises of U10 to 17 inclusively. U18/19 are one category

Events cannot be dropped, unless by means of motion at a county AGM.

Athletes confined to their own age category in all cases, except race walking at where U- 13 athletes can move up one age group.

Athletes competing relay events can also move up one age group.

Where the track referee deems there to be too many competitors in a particular field event he/she may limit the number of attempts allowed in that event from 3 to 2 per athlete where applicable.

Athletes must wear club singlets.

All athletes competing at county junior, senior & master T&F must declare what category they wish to compete in.

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Juvenile "B" Track & Field Championship

A Juvenile "B" Track & Field Championship will be held each year

Age Categories Under 8 to 15 in one year steps.

Eligibility: All Individual track medallists are ineligible from all track events.. All Individual field event medallists are ineligible from field event, with the exception of medal winner in relays, walks & hurdles. All competing athletes are eligible for relay events.

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Juvenile & Senior Trophies

Track and Field

Juvenile Shield: best juvenile club; Senior Cup: best senior club;

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Eamon Costello Shield: best overall male athlete over 100, 200 & 400m;

Sean Kelly Shield: best overall female athlete over 100, 200 & 400m;

Walks

Walking Shield: best walking club, track & field and road;

Road

Road Shield: best overall club; Rusty Scanlon Cup:

Cross Country

Juvenile Shield; Novice Men Cup; Intermediate Men Shield; Senior Men Shield;

O/35 Men Shield; O/40 Men Shield; O/45 Men Shield;

Novice Ladies Shield; Intermediate Ladies Shield; Senior ladies Cup; O/30 Ladies Shield;

Over all Cross Country Cup;

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Points system for overall awards

Overall Best Cross Country Club Points system (Adult) There is a trophy for the best overall Cross Country Club (Adult) The following points system will apply to all categories. Points awarded on a team basis only: 1st: 3pts, 2nd: 2 pts, 3rd: 1 pt.

Overall Best Club in Walking Championships There is a trophy for the best overall Club in the Walking Championships . This covers the road walking championships and the Track Championship walks. The following points system will apply to all categories. Points awarded on an individual and team basis including juvenile and adult events 1st 3pts, 2nd 2 pts, 3rd 1 pt.

Overall Road Shield An Overall Shield/Cup will be awarded to the best overall club in the county based on points for teams scored on a 3,2,1 system. This award will include both mens and womens team results for the county Novice, 10km, 10 mile and marathon.

Juvenile Overall Trophies

Track & Field :That the following Club Awards be made each year for Juvenile Track & Field Championships. Awarded 3,2,1 points basis for first three individual places and relays at the county Track & Field.

Cross Country: That the following Club Awards be made each year for Juvenile Cross Country Championships. Team Basis: 3,2,1 points.

Eamonn Costello (male) & Sean Kelly Shield (female)The shields are presented to the best overall male/female athletes across the 100m, 200m & 400m events with no requirement to compete in all three events. In the event of athletes accumulating equal points, the award will be shared.

The following have been amended at the 2014 AGM: No. 12 C, 13 B, 20 E and 25 [Back to Contents](#)