



NAME: _____	D.O.B.: _____
CURRENT CLUB: _____	2024 REG. No. _____
PREVIOUS CLUB/S: _____	
CONTACT DETAILS: Phone No. _____	Email: _____

Please fill in your finishing position in the following events

CROSS COUNTRY CHAMPIONSHIPS									
	Novice Result			Intermediate Result			Senior Result		
Year	Ind Placing	Club Placing	County Placing	Ind Placing	Club Placing	County Placing	Ind Placing	Club Placing	County Placing
2016/17									
2017/18									
2018/19									
2029/20									
2020/21									
2021/22									
2022/23									
2023/24									

Include Club / County Placing even if you were non-scoring member, add "NS" if applicable.

Results are subject to verification.

Have you ever represented Ireland in athletics? Yes No

If yes, please give details.

Please give details on how you lost your Novice or Intermediate status:

What is your desired outcome of this regrading:

Regraded to Intermediate Status

Regarded Novice Status

I guarantee that the above information is accurate.

Signed: _____ Date: _____

CLOSING DATE FOR RECEIPT OF APPLICATION FORM IS Friday 27th September 2024

Return application to: Competition, 19 Northwood Court, Northwood Business Campus, Santry, Dublin 9

Or email: competition@athleticsireland.ie

Guidelines for Re Grading of Cross-Country Athlete

Who is eligible for Consideration?

An athlete who lost their Novice /Intermediate status in years preceding 2019 for Cross Country and has never represented Ireland at any IAAF or EAA Senior International Competition

Or

An athlete who has not competed in the National Cross-Country Championships in the last 4 years and has never represented Ireland at any IAAF or EAA Senior International Competition

Final Decisions are at the discretion of the Competition Committee.

Cross Country Championships

DEFINITIONS

NOVICE DEFINITION

1. Novice athletes must be 19 years of age or over on the 31st of December in the year of competition.
2. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at the National Novice Championships.
3. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Intermediate Championships
4. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Senior Grade A Championship
5. An athlete who has never been an individual medal winner at National level in any senior track indoor or outdoor at 1500m and upwards.
6. An athlete who has never been an individual medal winner at National level in road event at 1500m and upwards,
7. An athlete who has never been a scoring member of the winning club or county team at National Senior Grade A, Road, Cross Country, or Track Championships.
8. An athlete who has never represented Ireland at any World or European Senior International Championship.
9. Status of an athlete will not be altered during a cross-country season (October to April).

INTERMEDIATE DEFINITION

1. Intermediate athletes must be 20 years of age or over on the 31st of December in the year of competition.
2. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Intermediate Championships
3. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Senior Grade A Championships
4. An athlete who has never been an individual medal winner at National level in any senior track indoor or outdoor at 1500m and upwards.
5. An athlete who has never been an individual medal winner at National level in a road event at 1500m and upwards, or a scoring member of the winning club or county team at National Senior Grade A Championships
6. An athlete who has never represented Ireland at any World or European Senior International Championship.
7. Status of an athlete will not be altered during a cross-country season (October to April).

Criteria for consideration

Intermediate:

1. An athlete who has never held an individual medal 1st,2nd,3rd in Intermediate, Senior Grade-A Cross Country Championships.
2. An athlete who finished outside top 40 Senior Championships in past 5 years.

Novice:

1. An athlete who has never held an individual medal 1st,2nd,3rd in Novice, Intermediate, Senior Grade-A Cross Country Championships
2. An athlete who finished outside top 40 Senior / Intermediate Championships in past 5 years.