

Irish Universities Athletics Association



29th September 2024

Email: ucc2024@iuaa.org

IUAA Web: www.crosscountry.iuaa.org

Local Host's Web: www.crosscountry.iuaa.org

IUAA Cross Country Championships Saturday 19th October 2024 The Farm, Ballinaspig More, Cork

Dear Secretary,

The IUAA Cross Country Championships are taking place on Saturday 19th October 2024 at The Farm, Ballinaspig More, Cork. Car parking is available on site. Changing rooms and check-in will open from 11.30am.

A ladies team consists of fourteen members, and a men's team consists of sixteen members. Colleges can also enter up to ten non-scoring substitutes per team whom may compete provided they have been entered online and pre declared at check-in.

All students are asked to bring their student cards with them, as all athletes will be asked to confirm their registration details at check-in.

Ladies Race: Will start at 2.00pm sharp.

Distance: 5km

Men's Race: Will start at 2.35pm sharp.

Distance: 8-10km

Captains Meeting: 3.30pm

Intersarsity Dinner and Presentation: 7.00pm (sharp) at Address Hotel, Military Hill, St Lukes, Cork, T23 T292

Tickets: €52.00 per head plus booking fee of €3.80.

Entry Deadline: 10.00pm Wednesday, 16th October

Meal Ticket Deadline: 6.00pm Monday 7th October.

Dinner Payment Deadline: In advance, [Order Here](#)

Full details including entries, course maps, travel details, accommodation, FAQs and rules are online at www.crosscountry.iuaa.org or www.crosscountry.iuaa.org and www.entries.iuaa.org.

If you have misplaced your IUAA online entries password, please contact passwords@iuaa.org immediately so as to insure that your athletes are entered on time.

Captains are reminded of the following:

All entries must be made online by the deadline. No late entries will be accepted. No new entries on the day will be accepted. Captains are strongly advised to enter complete teams and substitute athletes.

Meal Tickets: All meal tickets must be ordered online and paid for by the deadline. Colleges can bulk order and bulk pay, or tickets can be ordered individually. [Order Here](#)

Athletes must be eligible for IUAA competition as defined in 6.2.1 & 8.2 of the IUAA constitution.

One Year Down (OYD) athletes can only compete in the season immediately following the academic year in which they were last held a valid student card. Athletes can't compete as a OYD during a year off books.

Check-in opens at 11.30am and closes 60 minutes prior to the start of each race, so as to allow the races to start on time. All athletes are encouraged to check-in early so as to avoid a last minute rush.

We look forward to seeing you at the Cross Country Championships.

Yours in sport,

Ben Leen Smith & Holly Carroll
UCC AC Organising Committee

Stephen Lipson
IUAA