



ATHLETICS WICKLOW PRACTICES

PRACTICES

Where something is identified as a practice by Athletics Wicklow, at any time, it must be brought before a Board meeting for agreement. Until such agreement is given it cannot be put into action. All practices agreed in this way are to be precisely defined and added to the county records.

TEAM SCORING / CROSS COUNTRY RESULTS

- A club may enter as many athletes as it wants to compete in any age group.
- A maximum of 6 athletes will score.
- Any club athlete after the first 6 to finish is eliminated from the subsequent scoring of team finishing places.
- Only clubs with at least four finishing athletes are scored in the team competition
- Where only 1-3 athletes from a club compete, they are eliminated from team scoring as they are not part of the team competition.
- If four athletes from a club start but one is a DNF, those athletes that finish are eliminated from team scoring.

ROAD RACE SCORING

Senior Men - 4 to core

Junior Men, Masters M35 & M50 - 3 to score

Junior, Senior Women & Masters W35 & W50 - 3 to Score

GUESTS

- Guests be allowed compete at County Cross Country events provided :
 - (a) They are AAI members.
 - (b) They must be identified before the race starts. (AGM 2004)

Guests in County Cross Country :

- (a) Wear a number back and front that identifies their status,
- (b) Do not wear club vests. (AGM 2009)

Masters Mixed Events

- In events where there are mixed age categories, e.g., Masters O35/ O40/ O45 etc, that in addition to their event bib numbers, athletes wear their age categories visibly on back of their vests