**ATHLETICS LEINSTER QUALIFICATION REQUIREMENTS**

**Novice & Intermediate**

**Novice**

**Eligibility:**

* An athlete who has no individual medal 1st , 2nd , or 3rd from any Provincial or National Novice, Intermediate and/or Senior Cross Country Championship.
* Cross Country and Road are treated as separate events, where medals won in road championships do not affect eligibility in Cross Country.
* An athlete must be aged 19 years or over on the 31st December in the year of competition.
* U20 athletes do **not** break their Novice status in cross country.

**Intermediate**

**Eligibility:**

* An athlete who has no individual medal 1st , 2nd or 3rd from any Provincial or National Cross Country Championship.
* Cross Country and Road are treated as separate.
* Medals won in Road Championships do not affect eligibility in Cross Country.
* **Intermediate Athletes** - must be ages 20 years or over on the 31st December in the year of competition.