

2016 x-Country Season is upon us and while it is the primary focus of a number of athletes it forms a vital base phase for the coming 2017 Season for all athletes. Cross country is fantastic for fitness and strength building, but it is also fun, nothing beats the feeling of meeting your friends on the finish line no matter how fast you are. Athletes will definitely get a head start and reap the results in the coming indoor and outdoor track seasons if they put the work in now.

Club and coaching focus this year will be on preparing the athletes for the Westmeath AAI Cross Country in early October. This is a team as well as individual competition, therefore it is a great opportunity to make friends and build club spirit. I would encourage parents to mark the dates below in their calendars so that we get as many AIT AC Athletes on the starting line as possible. Why not wrap up and bring a flask to Lilliput, enjoy the normally pleasant October weather and cheer on the AIT athletesSee if you can keep up with the Ryanair Boss who was The Harriers top cheerleader last year !!



"My introduction to track racing was through the background of cross country running, which is not a sport perhaps as popular in America as it is in England."

Roger Bannister

This is definitely an event where it is the taking part that counts. We need your support.

Paul and Ted (Coaching Coordinators)

AIT Athletic Club Web page: www.aitac.ie e-mail: coaching@aitac.ie

2016 Season

Age	Born	A Cross Country Distances			
		Girls	Distances	Boys	Distances
Age 9	Born 2008				
Age 10	Born 2007				
Age 11	Born 2006	11	1500m	11	1500m
Age 12	Born 2005	12	2000m	12	2000m
Age 13	Born 2004	13	2500m	13	2500m
Age 14	Born 2003	14	3000m	14	3000m
Age 15	Born 2002	15	3500m	15	3500m
Age 16	Born 2001	16	4000m	16	4000m
Age 17	Born 2000	17	4000m	17	5000m
Age 18	Born 1999	18	4000m	18	6000m
Age 19	Born 1998	19	4000m	19	6000m

Note. Above are National A Level distances. U9/U10 usually run 500/750 m.

Link. http://www.athleticsireland.ie/downloads/other/Juv_Booklet_2016v2_nc.pdf



X-Country Fixtures 2016

Please confirm date & venue nearer the competition

OCTOBER

2nd : **Westmeath AAI Cross Country**, Belvedere, Mullingar
(Juvenile Even Ages – U10, 12, 14, 16)

9th : **Westmeath AAI Cross Country**, Belvedere, Mullingar
(Juvenile Uneven Ages – U9, 11, 13, 15, 17, 19 and 18)

29th : **Leinster XC**, day 2, New Forest Golf Club, Tyrrellspass
(Juvenile Even Ages – u/12, 14, 16, 18)

NOVEMBER

13th : Leinster XC, day 3, (venue to be confirmed)
(Juvenile Uneven Ages – u/11, 13, 15, 17)

27th : AAI Inter-Club & Juvenile Even Ages XC
(Juvenile Even Ages – u/12, 14, 16, 18)

DECEMBER

11th : AAI Juvenile Uneven Ages XC

Live Fixtures @

<http://www.athleticsireland.ie/juvenile>

<http://athleticsleinster.org/>

let's
go!