

Dispensation Process

1. All dispensations to be email to the County Secretary by the 6pm the Friday before Competition by the relevant club/Competition secretary. All clubs will be notified on Saturday if the dispensation was granted or not. Please do not send in any dispensations if they do not meet the criteria sent out on the Exemption/Dispensations document.
2. Appeals to be emailed to the County Secretary on the Monday after the Mayo Competition where the XC exemptions committee will meet to determine the outcome.
3. Late exemptions (athletes that were sick on the Saturday/Sunday the weekend of competition can be emailed to the county Secretary on the Monday after the competition for decision to be made by the County Appeals committee.