

ANTRIM INTERNATIONAL CROSS COUNTRY CHALLENGE

SATURDAY JANUARY 23rd 2010

OFFICIAL TIMETABLE

All races held under UKA rules except for Junior U20 and the two Senior Races which will be held under IAAF rules.

Race No.	Time	Distance	Age Group
Race 1	11:00	1.8km	Girls U13 (11 & 12)
Race 2	11:15	1.8km	Boys U13 (11 & 12)
Race 3	11:30	3.6km	Girls U15 (13 & 14)
Race 4	11:55	3.6km	Boys U15 (13 & 14)
Race 5	12:15	3.6km	Girls U17 (15 & 16) & IAAF Junior Women (U20 at 31.12.09)
Race 6	12:35	5.6km	Boys U17 (15 & 16)
Race 7	13:00	7.4km	Male Veteran
<i>13.35 Primary School Race (Girls)</i>			
Race 8	13:40	5.6km	IAAF Junior Men (U20 at 31.12.09)
<i>14.05 Primary School Race (Boys)</i>			
Race 9	14:10	5.6km	Senior Women
Race 10	14:45	9km	Senior Men

