

# NATIONAL SENIOR, JUNIOR & JUVENILE EVEN AGES SPORT IRELAND NATIONAL SPORTS CAMPUS SUN. 25TH NOVEMBER 2018

 Irish Life health

## National Cross Country Championships



| EVENT                    | DISTANCE | START TIME | LAPS                |
|--------------------------|----------|------------|---------------------|
| GIRLS U12                | 2,000m   | 11.30      | 2x 1000m            |
| BOYS U12                 | 2,000m   | 11.43      | 2x 1000m            |
| GIRLS U14                | 3,000m   | 11.55      | 2x 1500m            |
| BOYS U14                 | 3,000m   | 12.10      | 2x 1500m            |
| GIRLS U16                | 4,000m   | 12.25      | 1x 1000m & 2x 1500m |
| BOYS U16                 | 4,000m   | 12.43      | 1x 1000m & 2x 1500m |
| GIRLS U18 & JUNIOR WOMEN | 4,000m   | 13.00      | 1x 1000m & 2x 1500m |
| BOYS U18 & JUNIOR MEN    | 6,000m   | 13.20      | 4x 1500m            |
| SENIOR WOMEN & U23       | 8,000m   | 13.45      | 4x 2000m            |
| SENIOR MEN & U23         | 10,000m  | 14.25      | 5x 2000m            |



Athletics  
Ireland