



# AUTUMN OPEN TIMETABLE



JUVENILE EVEN AGE  
CHAMPIONSHIPS  
U10-U18

EVENT	DISTANCE	START TIME
U10 Girls	1000m lap	11.00am
U10 Boys	1000m lap	11.10am
U12 Girls	2 X 1000m lap	11.20am
U12 Boys	2 X 1000m lap	11.35am
U14 Girls	2 X 1500m lap	11.50am
U14 Boys	2 X 1500m lap	12.10pm
U16 Girls	1 X 1000m lap + 2 X 1500m	12.25pm
U16 Boys	1 X 1000m lap + 2 X 1500m	12.45pm
U18 Girls	1 X 1000m lap + 2 X 1500m	1.05pm
U18 Boys	4 X 1500m lap	1.25pm



AUTUMN OPEN  
INTERNATIONAL  
CROSS COUNTRY

EVENT	DISTANCE	START TIME
Women Senior	6000m	2.00pm
Women Masters 35-64	6000m	
Men Masters 65+	6000m	
Women Junior (U20)	4500m	
Women Masters 65+	4500m	2.45pm
Men Senior	7500m	
Men Masters 35-64	7500m	
Men Junior (U20)	6000m	



11:00AM  
JUVENILE EVEN AGE  
CHAMPIONSHIPS  
U10-U18



Athletics Ireland

Race 1 (Under 26 min runners) 3:45PM  
Race 2 (Over 26 min runners) 4:05PM

Price: €15 per person which includes  
a T-Shirt & Medal

# AUTUMN OPEN INTERNATIONAL CROSS COUNTRY FESTIVAL 2021

SUNDAY 17TH OCTOBER  
NATIONAL SPORTS CAMPUS  
ABBOTTSTOWN

Incorporating the Masters  
XC Trials  
(Master Athletes must compete  
in their appropriate distance for  
Selection Purposes)

2.00PM:  
Women Senior: 6000m  
Women Masters 35-64: 6000m  
Men Masters 65+: 6000m  
Women Junior (U20): 4500m  
Women Masters 65+: 4500m

2.45PM:  
Men Senior: 7500m  
Men Masters 35-64: 7500m  
Men Junior (U20): 6000m

## Prizes

Senior Men & Women:  
1st: €500, 2nd: €400, 3rd: €300,  
4th: €200, 5th: €100

Under 20 Men & Women:  
1st: €150, 2nd: €100, 3rd: €50

Masters: Jim McNamara  
Perpetual Trophy  
1st Male & Female

Online Entry €15 : [www.athleticsireland.ie](http://www.athleticsireland.ie)  
Registration/Number pick-up onsite &  
Changing/Refreshments close to XC Course

