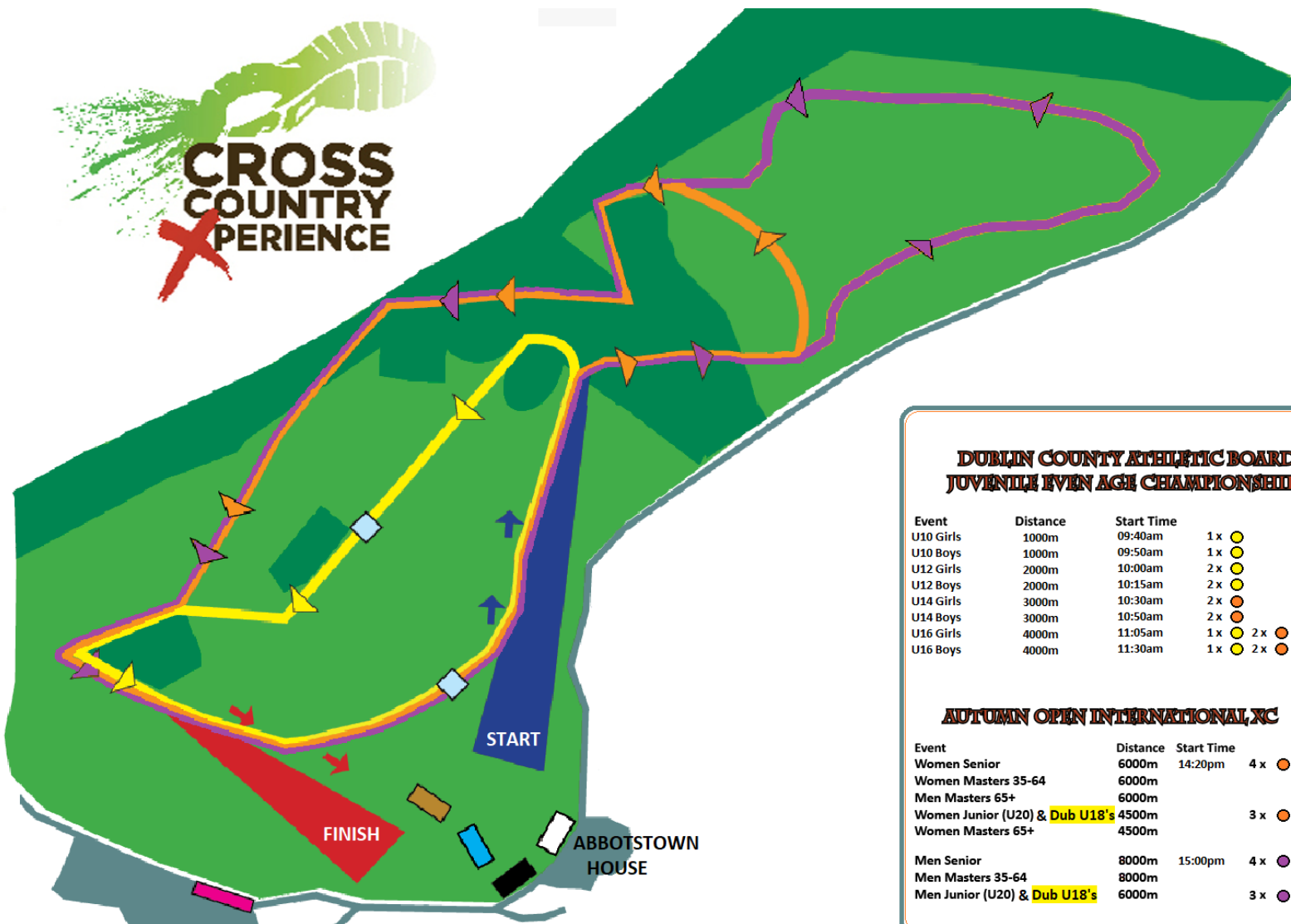


AUTUMN OPEN CROSS COUNTRY 15TH OCTOBER 2023



- 1000m Lap
- 1500m Lap
- 2000m Lap
- BATON CHANGE
- START
- FINISH
- CHECK IN / NUMBER PICKUP
- LAST LAP CAFE
- TOILETS
- PRESENTATION AREA
- FIRST AID

DUBLIN COUNTY ATHLETIC BOARD JUVENILE EVEN AGE CHAMPIONSHIPS

Event	Distance	Start Time	
U10 Girls	1000m	09:40am	1 x ●
U10 Boys	1000m	09:50am	1 x ●
U12 Girls	2000m	10:00am	2 x ●
U12 Boys	2000m	10:15am	2 x ●
U14 Girls	3000m	10:30am	2 x ●
U14 Boys	3000m	10:50am	2 x ●
U16 Girls	4000m	11:05am	1 x ● 2 x ●
U16 Boys	4000m	11:30am	1 x ● 2 x ●

NATIONAL SENIOR MIXED RELAY & INTER CLUB JUVENILE UNISEX AND MIXED RELAY

Event	Distance	Start Time	
Senior Mixed	4x1500m Relay	12:00pm	1 x ●
U11 Girls	4x500m Relay	12:30pm	1/2 x ●
U11 Boys	4x500m Relay	12:40pm	1/2 x ●
U12 Mixed	4x500m Relay	12:50pm	1/2 x ●
U13 Girls	4x500m Relay	13:00pm	1/2 x ●
U13 Boys	4x500m Relay	13:10pm	1/2 x ●
U14 Mixed	4x500m Relay	13:20pm	1/2 x ●
U15 Girls	4x1000m Relay	13:30pm	1 x ●
U15 Boys	4x1000m Relay	13:50pm	1 x ●

AUTUMN OPEN INTERNATIONAL XC

Event	Distance	Start Time	
Women Senior	6000m	14:20pm	4 x ●
Women Masters 35-64	6000m		
Men Masters 65+	6000m		
Women Junior (U20) & Dub U18's	4500m		3 x ●
Women Masters 65+	4500m		
Men Senior	8000m	15:00pm	4 x ●
Men Masters 35-64	8000m		
Men Junior (U20) & Dub U18's	6000m		3 x ●

AUTUMN OPEN 4000M EXPERIENCE

Event	Distance	Start Time	
Race 1 (All)	4000m	15:40pm	2 x ●

