

AUTUMN OPEN CROSS COUNTRY 2022



Comhairle Contae
Fhine Gall
Fingal County
Council



- 1000m Lap
- 1500m 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	10.00am	1 x ●
U10 Boys	1000m	10.10am	1 x ●
U12 Girls	2000m	10.20am	2 x ●
U12 Boys	2000m	10.35am	2 x ●
U14 Girls	3000m	10.50am	2 x ●
U14 Boys	3000m	11.10pm	2 x ●
U16 Girls	4000m	11.25pm	1 x ● , 2 x ●
U16 Boys	4000m	11.45pm	1 x ● , 2 x ●
U18 Girls	4000m	12.05pm	1 x ● , 2 x ●
U18 Boys	6000m	12.25pm	4 x ●

NATIONAL INTER CLUB JUVENILE UNEVEN AGE RELAYS

Event	Distance	Start Time	
U11 Girls	4x500m Relay	1:00pm	1/2 ●
U11 Boys	4x500m Relay	1:10pm	1/2 ●
U13 Girls	4x500m Relay	1:20pm	1/2 ●
U13 Boys	4x500m Relay	1:30pm	1/2 ●
U15 Girls	4x1000m Relay	1:40pm	1 x ●
U15 Boys	4x1000m Relay	1:55pm	1 x ●

AUTUMN OPEN INTERNATIONAL XC

Event	Distance	Start Time	
Women Senior	6000m	2.15pm	4 x ●
Women Masters 35-64	6000m		
Men Masters 65+	6000m		
Women Junior (U20)	4500m		3 x ●
Women Masters 65+	4500m		
Men Senior	7500m	3pm	5 x ●
Men Masters 35-64	7500m		
Men Junior (U20)	6000m		4 x ●