

AUTUMN OPEN CROSS COUNTRY 15TH OCTOBER 2023

**CROSS
COUNTRY
PERIENCE**

- 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	1x
U10 Boys	1000m	09:50am	1x
U11 Girls	2000m	10:00am	2x
U11 Boys	2000m	10:15am	2x
U14 Girls	3000m	10:30am	2x
U14 Boys	3000m	10:50am	2x
U15 Girls	4000m	11:05am	1x
U16 Boys	4000m	11:30am	1x

NATIONAL SENIOR MIXED RELAY & INTER CLUB

JUVENILE UNEVEN AND MIXED RELAY

Event	Distance	Start Time	
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	1x
U15 Boys	4x1000m Relay	13:50pm	1x

AUTUMN OPEN INTERNATIONAL XC

Event	Distance	Start Time	
Senior Mixed	4x1500m Relay	12:00pm	1x
Womens Senior	6000m	14:20pm	4x
Master Women 35-64	6000m		
Master Men 65+	6000m		
Master Women 65+	4500m		3x
Women Junior (U20) & Dub U18's	4500m		
Men Senior	8000m	15:00pm	4x
Men Master 35-64	8000m		
Men Junior (U20) & Dub U18's	6000m		3x

AUTUMN OPEN 4000M EXPERIENCE

Event	Distance	Start Time	
Race (ALL)	4000m	15:40pm	2x

START

FINISH

ABBOTSTOWN
HOUSE



Comhairle Contae
Fhine Gall
Fingal County
Council

