

**Dunboyne & District Secondary Schools Invitational
XC
at Cow Parks Dunboyne.
on
Wednesday December 11th 2019
Start time 12.30pm**

Individual and Team Prizes for all races

12.30pm Start

Order of Races:

Minor Girls	Approx. 1,000m (1 Small Lap)	Race 12.30pm
Minor Boys	Approx. 1,500m (1 Big Lap)	
Junior Girls	Approx. 1,500m (1 Big Lap)	
Junior Boys	Approx. 2,000m (1 Big lap with inserts)	
Inter Girls	Approx. 2,000m (1 Big laps with inserts)	
Inter Boys	Approx. 3,000m (2 Big Laps)	
Senior Girls	Approx. 2,000m (1 Big laps with inserts)	
Senior Boys	Approx. 3,000m (2 Big Laps)	