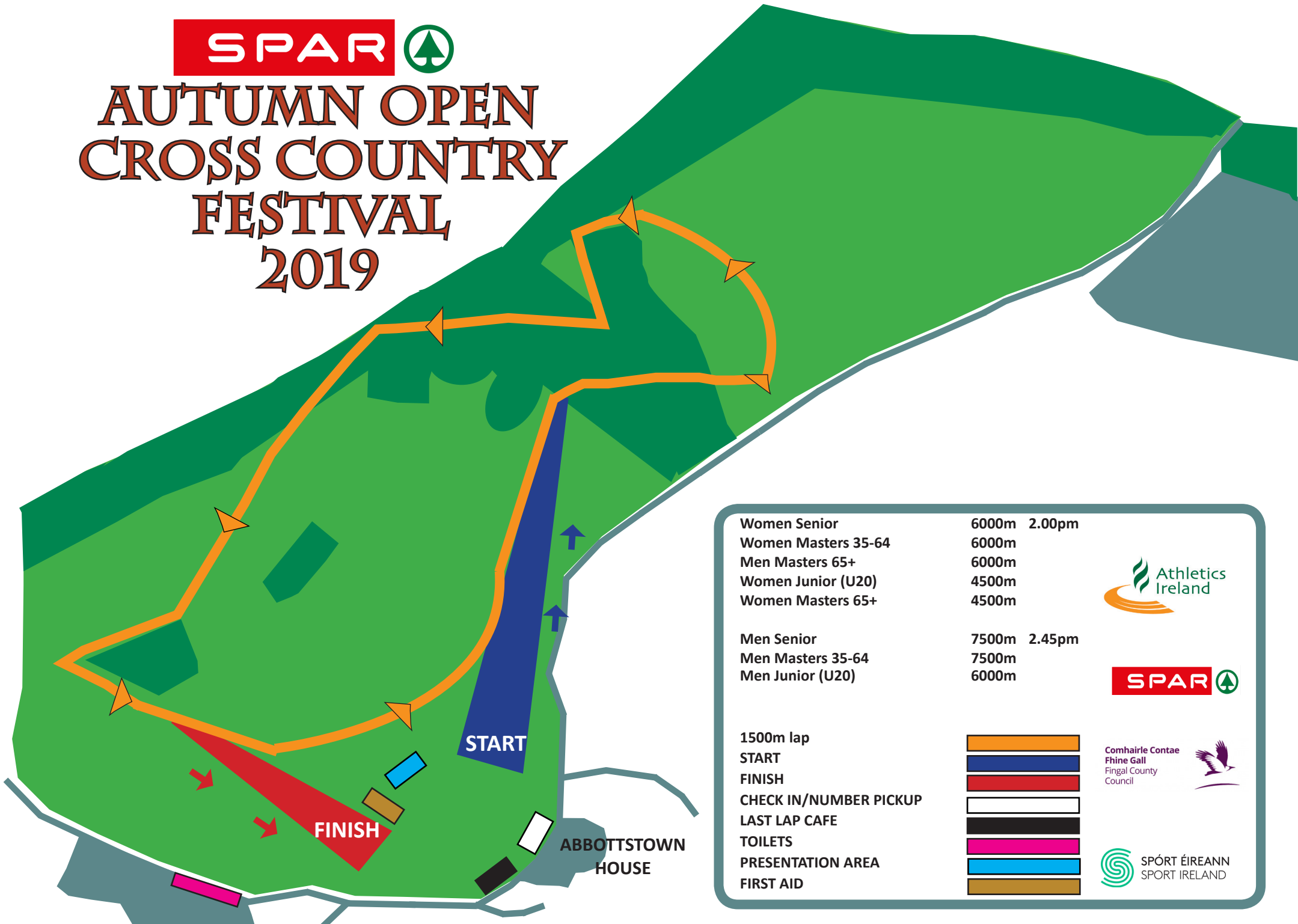




AUTUMN OPEN CROSS COUNTRY FESTIVAL 2019



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

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

- 1500m lap
- START
- FINISH
- CHECK IN/NUMBER PICKUP
- LAST LAP CAFE
- TOILETS
- PRESENTATION AREA
- FIRST AID



Comhairle Contae
Fhine Gall
Fingal County
Council



SPAR



AUTUMN OPEN CROSS COUNTRY FESTIVAL 2019



DUBLIN COUNTY ATHLETIC BOARD JUVENILE EVEN AGE CHAMPIONSHIPS

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

1000m lap
1500m lap
START
FINISH



AUTUMN OPEN INTERNATIONAL XC

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



1500m lap
START
FINISH
CHECK IN/NUMBER PICKUP
LAST LAP CAFE
TOILETS
PRESENTATION AREA
FIRST AID

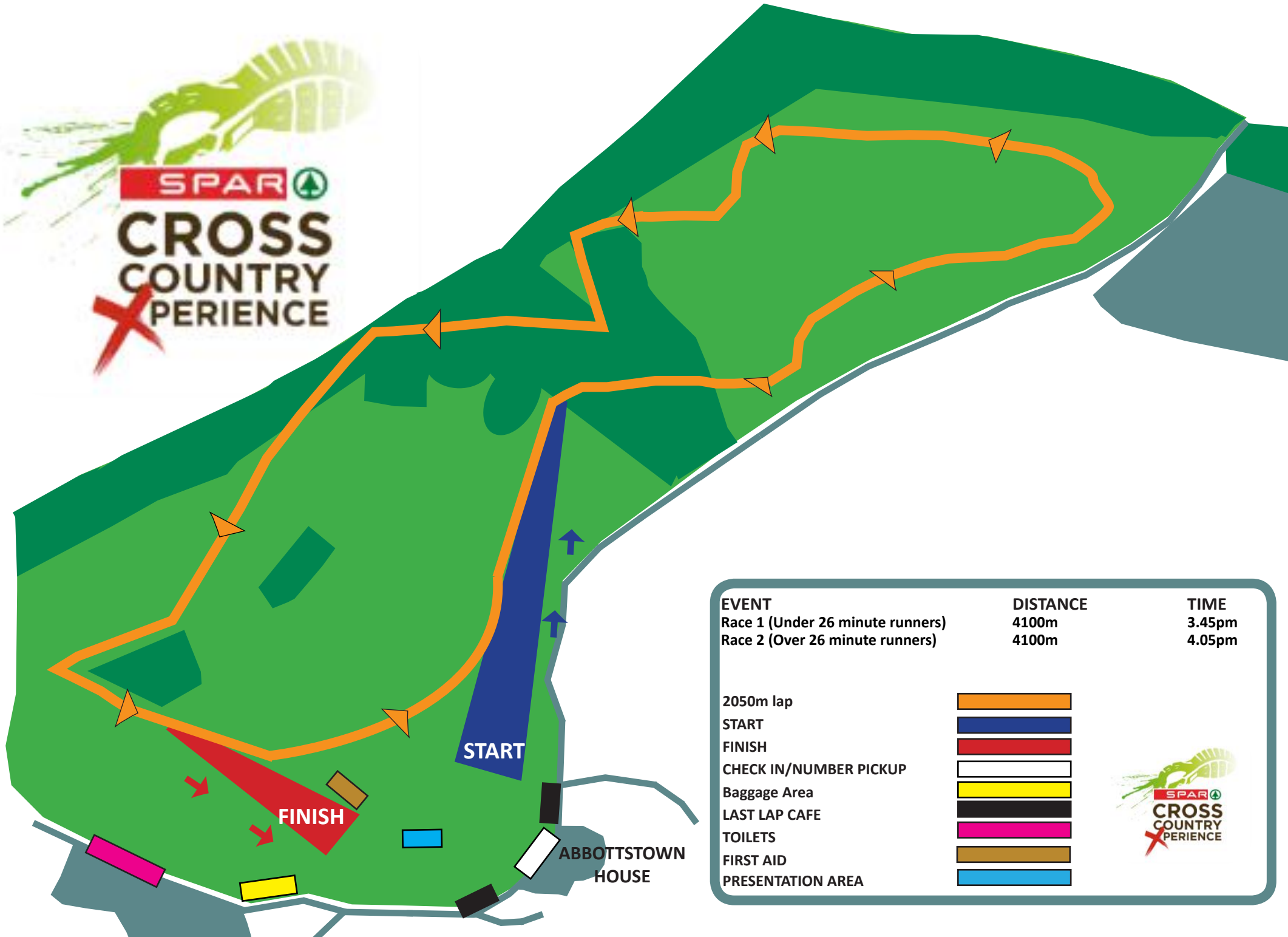


Comhairle Contae
Fhine Gall
Fingal County
Council















CROSS COUNTRY PERIENCE



EVENT	DISTANCE	TIME
Race 1 (Under 26 minute runners)	4100m	3.45pm
Race 2 (Over 26 minute runners)	4100m	4.05pm

2050m lap	
START	
FINISH	
CHECK IN/NUMBER PICKUP	
Baggage Area	
LAST LAP CAFE	
TOILETS	
FIRST AID	
PRESENTATION AREA	



Directions to the National Sports Campus



The following are directions to the National Sports Campus.

****It is strongly advised that all XC event traffic driving to the event should travel via the N2 Derry/Ashbourne road and follow signposts to the sports campus to avoid congestion at the Blanchardstown Slip Road.****

ALL EVENT TRAFFIC TO ENTER THROUGH GATE B OF THE SPORTS CAMPUS(PLEASE SEE MAP) - MAIN ENTRANCE = NO ENTRY!

By car from the M50.

There are two junctions which can be taken to get to the sports campus from the M50.

Junction 5 (RECOMMENDED ROUTE)

Take the exit at Junction 5 on the M50 for Finglas/Derry N2. Going northbound stay in the left lane (signposted N2 Derry/Ashbourne). Take Exit 2 for St.Margarets/Blanchardstown R135. There are a number of roundabouts on this route. At the first roundabout take the first exit, continue straight through the next two roundabouts then take a left at the next roundabout. Continuing forward go straight through the next two roundabouts then take a left at the next roundabout signposted Ballycoolin road/ NSC. At the next roundabout take a right turn and the sports campus entrance will be the first entrance on the left hand side (**Gate B**).

Junction 6

Take the exit at junction 6 on the M50 for Blanchardstown. Going southbound stay in the left lane (signposted Cavan/ Blanch'town N3)and follow the road around until you see the slip road for Blanchardstown Shopping centre, going northbound stay in the right lane (signposted N3 Navan). Once approaching the slip road for Blanchardstown shopping centre stay in the right lane of the sliproad. Take a sharp right at the top of the slip road and cross over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road passing the main entrance to the sports campus on your right and take the next right turn into the Sports Campus (**Gate B**).

By Car from the City Centre.

Take the Navan Road to the Blanchardstown M50 Roundabout. Continue straight through the junction and take the slip road to the left and stay in the right hand lane. Take a sharp right at the top of the slip road and cross over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road passing the Main entrance to the Sports Campus taking the next right turn through **Gate B**.

By Bus from the City Centre.

Please take the 38A from the Hawkins Street in the City Centre to Snugborough Road in Blanchardstown. The bus Stop is located directly outside the Nationals Sports Campus.



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



EVENT	DISTANCE	START TIME
Race 1 (Under 26 minute runners)	4100m	3.45pm
Race 2 (Over 26 minute runners)	4100m	4.05pm



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 2019

SUNDAY 20TH 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
Registration/Number pick-up onsite &
Changing/Refreshments close to XC Course

