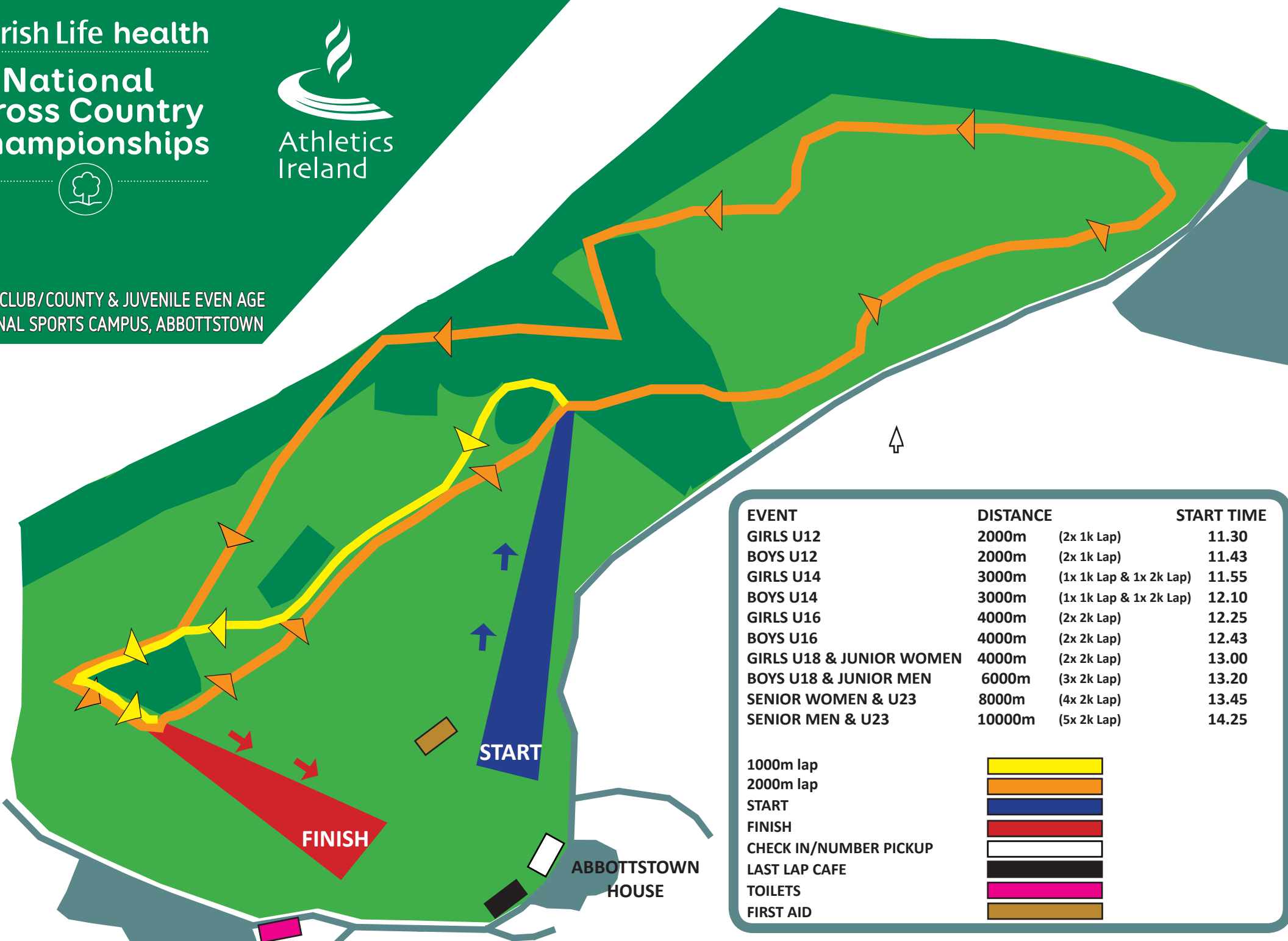












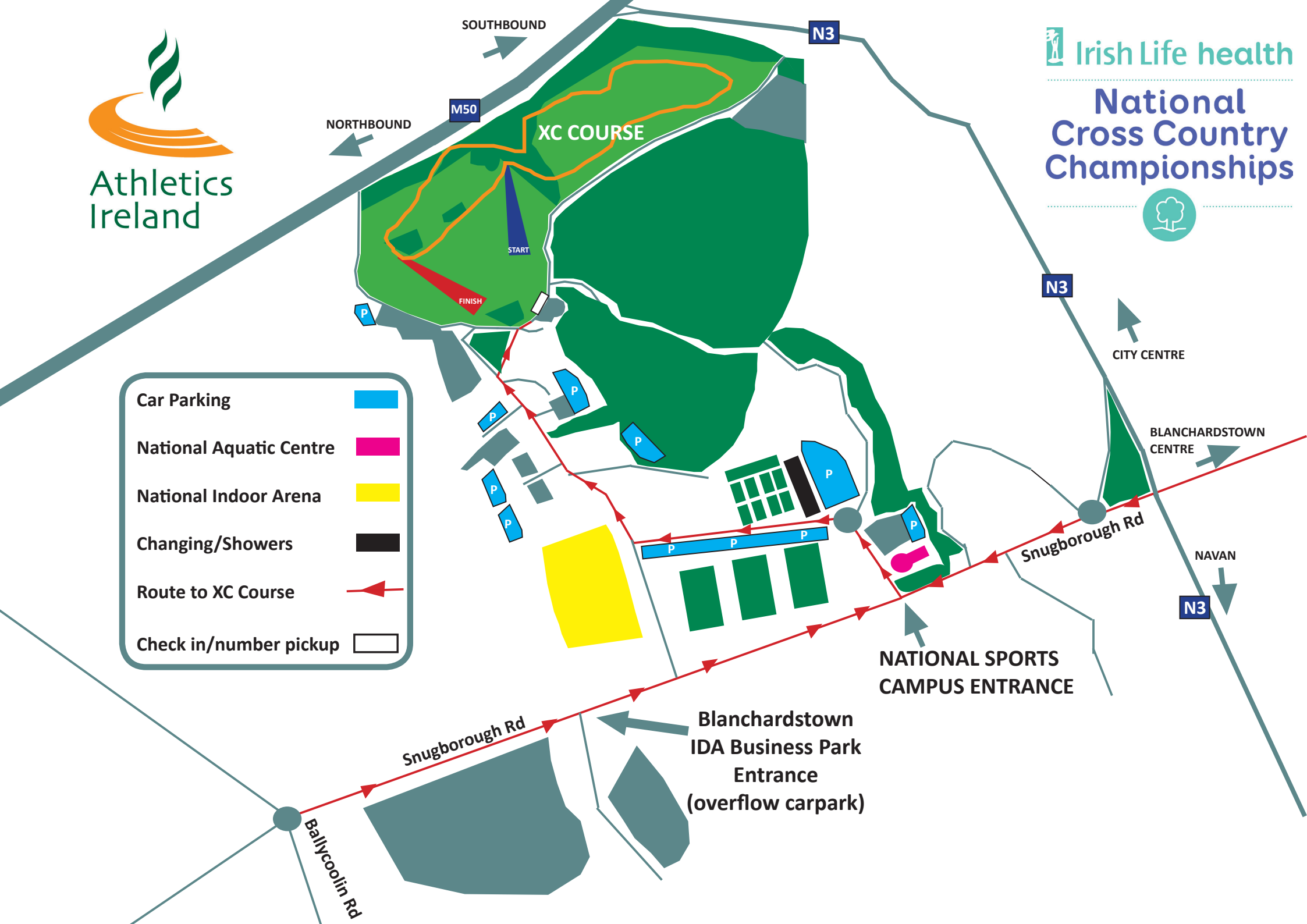
INTER CLUB/COUNTY & JUVENILE EVEN AGE  
NATIONAL SPORTS CAMPUS, ABBOTTSTOWN









EVENT	DISTANCE	START TIME
GIRLS U12	2000m (2x 1k Lap)	11.30
BOYS U12	2000m (2x 1k Lap)	11.43
GIRLS U14	3000m (1x 1k Lap & 1x 2k Lap)	11.55
BOYS U14	3000m (1x 1k Lap & 1x 2k Lap)	12.10
GIRLS U16	4000m (2x 2k Lap)	12.25
BOYS U16	4000m (2x 2k Lap)	12.43
GIRLS U18 & JUNIOR WOMEN	4000m (2x 2k Lap)	13.00
BOYS U18 & JUNIOR MEN	6000m (3x 2k Lap)	13.20
SENIOR WOMEN & U23	8000m (4x 2k Lap)	13.45
SENIOR MEN & U23	10000m (5x 2k Lap)	14.25

1000m lap	
2000m lap	
START	
FINISH	
CHECK IN/NUMBER PICKUP	
LAST LAP CAFE	
TOILETS	
FIRST AID	



- Car Parking 
- National Aquatic Centre 
- National Indoor Arena 
- Changing/Showers 
- Route to XC Course 
- Check in/number pickup 

**NATIONAL SPORTS  
CAMPUS ENTRANCE**

**Blanchardstown  
IDA Business Park  
Entrance  
(overflow carpark)**

# Directions to the National Sports Campus & General Information

The following are directions to the National Sports Campus.

## By Bus from the City Centre.

Please take the 38A from the Hawkins Street in the City Centre to Snugborough Road in Blanchardstown

## By Car from the City Centre.

Take the Navan Road to the Blanchardstown M50 Roundabout. Continue straight through the roundabout and also through the Blanchardstown Village roundabout. 500 metres after the village roundabout 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 and take a right at the second set of traffic lights into the National Aquatic Centre.

## By car from the M50.

Take the exit at junction 6 on the M50 for Blanchardstown. Continue straight through the Blanchardstown Village roundabout. 500 metres after the village roundabout 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 and take a right at the second set of traffic lights into the National Aquatic Centre.

## By Car from the Blanchardstown Centre.

Exit the Blanchardstown Centre complex via the Westpoint Health Club exit. Continue to the set of traffic lights and take a left over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road and take a right at the second set of traffic lights into the National Aquatic Centre.

## Walking Times from Carparks to Course.

There are a number of car parks spread out across the National Sports Campus and an overflow carpark is in place at the Blanchardstown IDA Business Park located just a few minutes from the Campus.

Walking time from the furthest carpark from the course in the campus is 15 mins.

Walking time from the overflow carpark is 20 mins.

## Bus Drop off point.

Any Clubs travelling by coach/bus will be directed to the drop off point which is located 1 minute from the course. Please follow the carparking stewards directions on the day.

## Showers/Changing Facilities.

Changing and shower facilities are available at the pavillion building located on the map as the black building. When you enter the campus and reach the roundabout after the security hut, the pavillion building is on the oppsite side of the roundabout to the right of the all weather pitches. The course is 10-15 walk from this point.