

SCHEDULE

123.ie

11.30AM: GIRLS U12 2,000m - 2 x 1000m

11:43AM: BOYS U12 2,000m - 2 x 1000m

11:55AM: GIRLS U14 3,000m - 2 x 1500m

12:10PM: BOYS U14 3,000m - 2 x 1500m

12:25PM: GIRLS U16 4,000m - 1 x 1000m , 2 x 1500m

12:43PM: BOYS U16 4,000m - 1 x 1000m , 2 x 1500m

13:00PM: GIRLS U18 & JUNIOR WOMEN 4,000m - 1 x 1000m , 2 x 1500m

13:20PM: BOYS U18 & JUNIOR MEN 6,000m - 4 x 1500m

13:45PM: SENIOR WOMEN & U23 8,000m - 2 x 1000m , 4 x 1500m

14:25PM: SENIOR MEN & U23 10,000m - 1 x 1000m , 6 x 1500m

**123.IE NATIONAL CROSS COUNTRY CHAMPIONSHIPS
ROSAPENNA GOLF RESORT, DONEGAL**