

EVENT	DISTANCE	LOOPS	START TIME
GIRLS U11	1500m	1x 1500m	11.30
BOYS U11	1500m	1x 1500m	11.40
GIRLS U13	2500m	1x 1000m & 1x 1500m	11.50
BOYS U13	2500m	1x 1000m & 1x 1500m	12.05
GIRLS U15	3500m	1x 1500m & 1x 2000m	12.20
BOYS U15	3500m	1x 1500m & 1x 2000m	12.40
GIRLS U17	4000m	2x 2000m	13.00
BOYS U17	5000m	1x 1000m & 2x 2000m	13.25
GIRLS U19	4000m	2x 2000m	14.00
BOYS U19	6000m	3x 2000m	14.20
NOVICE WOMEN	4000m	2x 2000m	14.40
NOVICE MEN	6000m	3x 2000m	15.10

123.IE NATIONAL NOVICE & UNEVEN AGE CROSS COUNTRY CHAMPIONSHIPS
GARRYANNE, CONNA, CO. CORK (ST CATHERINE'S AC)