

## Inter-club Cross Country relay event

Abbotstown, Sunday  
October 16th 2022

**Don't miss the new Inter-Club Cross Country relays being held as part of the Autumn Open International Cross Country, Sunday October 16th at 1pm.**

**2022 sees the introduction of new age groups and distances for the CC relays and it also has a new time slot as part of the Autumn Open CC.**

**This is an ideal opportunity to get young athletes out for their first National Cross-Country event as part of a club team.**

- U 11 Girls and Boys - 4 x 500m
- U 13 Girls and Boys - 4 x 500m
- U15 Girls and Boys - 4 x 1000m

**Age groups are all based on 2022 ages.**

**Athletes are allowed to move up one age group only.**

**Entries by club secretaries and are now open, link on the AAI website Fixtures listing, closing date Wednesday Oct 5th 2022**

**Looking forward to seeing you all.**

### Timetable:

1.00pm Girls u11 4 x 500m

1.10pm Boys u11 4 x 500m

1.20pm Girls u13 4 x 500m

1.30pm Boys u13 4 x 500m

1.40pm Girls u15 4 x 1000m

1.55pm Boys u15 4 x 1000m

