

NATIONAL SENIOR, JUNIOR & JUVENILE EVEN AGES

SPORT IRELAND NATIONAL SPORTS CAMPUS

SUN. 24TH NOVEMBER 2019

 Irish Life health
.....
National
Cross Country
Championships
.....



EVENT	DISTANCE	START TIME	LAPS
GIRLS U12	2,000m	11.30	2x 1000m
BOYS U12	2,000m	11.43	2x 1000m
GIRLS U14	3,000m	11.55	2x 1500m
BOYS U14	3,000m	12.10	2x 1500m
GIRLS U16	4,000m	12.25	1x 1000m & 2x 1500m
BOYS U16	4,000m	12.43	1x 1000m & 2x 1500m
GIRLS U18 & JUNIOR WOMEN	4,000m	13.00	1x 1000m & 2x 1500m
BOYS U18 & JUNIOR MEN	6,000m	13.20	4x 1500m
SENIOR WOMEN & U23	8,000m	13.45	2x 1000m & 4x 1500m
SENIOR MEN & U23	10,000m	14.25	1x 1000m & 6x 1500m



Athletics
Ireland