



Irish Life health

National Cross Country Championships



National Intermediate, Masters
 Juvenile B & Juvenile Relay
 Cross Country Championships
 Sunday 11th February 2018,
 Kilcornan Estate, Clarinbridge, Co.Galway

EVENT		DISTANCE	TIME
GIRLS	U11	1000m (1x1k)	11.00
BOYS	U11	1000m (1x1k)	11.10
GIRLS	U13	1500m (1x1.5k)	11.20
BOYS	U13	1500m (1x1.5k)	11.30
GIRLS	U15	2500m (1x1k & 1x1.5k)	11.40
BOYS	U15	2500m (1x1k & 1x1.5k)	11.55
GIRLS	U17	3000m (2x1.5k)	12.10
BOYS	U17	3000m (2x1.5k)	12.30

BOYS	U12	4x500m	12.50
GIRLS	U12	4x500m	
BOYS	U14	4x500m	
GIRLS	U14	4x500m	

MASTER WOMEN & MEN O/65	4000m (2x2k)	13.30
MASTER MEN O/35-64	7000m (1x1k & 3x2k)	14.00

INTERMEDIATE WOMEN	5000m (1x1k & 2x2k)	14.40
INTERMEDIATE MEN	8000m (4x2k)	15.10

500m lap(Relays)	
1000m lap	
1500m lap	 & 
2000m lap	 &  &  & 
START	
FINISH	
CHECK IN/NUMBER PICKUP	
CATERING	
TOILETS	
FIRST AID	
PRESENTATION AREA	

