

Leinster XC 2022 day 1 - TIMETABLE

Masters & Intermediate and Juvenile XC Relays

Age Group	Distance	Start Time	Duration of Race (minutes)
Girls u12	4x250m	11.30	10
Boys u12	4x250m	11.40	10
Girls u14	4x500m	11.50	15
Boys u14	4x500m	12.05	15
Girls u16	4x500m	12.20	15
Boys u16	4x500m	12.35	15
All Master Women & Master Men over 65+	4,000m	12.50	25
Master Men	6,000m	13.15	25
Intermediate Women	4,000m	13.40	25
Intermediate Men	8,000m	14.05	35