

# Leinster XC 2023 day 3 - TIMETABLE

## Senior & Juvenile Uneven Ages

Age Group	Distance	Start Time	Duration of Race (minutes)	Laps	Legend
<b>Non-Championship Races (hosted by Dunboyne AC)</b>					
Girls u/9 *	750m	11am		1 x 750m	Yellow + Blue Loop
Boys u/9 *	750m	11.10am		1 x 750m	Yellow + Blue Loop
<b>Leinster Championship Races</b>					
Girls u/11	1,500m	11.30am	15	2 x 750m	2 x Yellow + Blue Loop
Boys u/11	1,500m	11.45am	10	2 x 750m	2 x Yellow + Blue Loop
Girls u/13	2,500m	11.55am	15	1,000m + 1,500m	1 x Yellow + 1 x Orange
Boys u/13	2,500m	12.10pm	15	1,000m + 1,500m	1 x Yellow + 1 x Orange
Girls u/15	3,500m	12.25pm	20	2 x 1,000m + 1,500m	2 x Yellow + 1 x Orange
Boys u/15	3,500m	12.45pm	20	2 x 1,000m + 1,500m	2 x Yellow + 1 x Orange
Girls u/17	4,500m	1.05pm	20	3 x 1,500m	3 x Orange
Boys u/17	4,500m	1.25pm	25	3 x 1,500m	3 x Orange
Girls u/19	5,000m	1.50pm	20	2 x 1,000m + 2 x 1,500m	2 x Yellow + 2 x Orange
Boys u/19	5,000m	2.10pm	25	2 x 1,000m + 2 x 1,500m	2 x Yellow + 2 x Orange
Senior Women	6,000m	2.35pm	25	4 x 1,500m	4 x Orange
Senior Men	9,000m	3.00pm	40	6 x 1,500m	6 x Orange
	<i>finish</i>	<i>3.40pm</i>			

\* Under 9 races are **free** to enter, with **no race numbers** required  
 Athletes shall simply go to the start when the race is called  
 Medals for the top 12 finishers

Legend	Distance
Yellow + Blue	750mLap
1000m lap	
1500m lap	
START	
FINISH	
CHECK IN/NUMBER PICKUP	
LAST LAP CAFE	
TOILETS	
FIRST AID	
PRESENTATION AREA	

