

Leinster XC 2023 day 1 - TIMETABLE

Masters & Intermediate and Juvenile XC Relays

Age Group	Distance	Start Time	Duration of Race (minutes)
Girls u12	4x250m	11.30am	
Boys u12	4x250m	11.40am	
Girls u14	4x500m	11.50am	
Boys u14	4x500m	12.05pm	
Girls u16	4x500m	12.20pm	
Boys u16	4x500m	12.35pm	
All Master Women & Master Men over 65+	4,000m	1pm	25
Master Men	6,000m	1.25pm	25
Intermediate Women	4,000m	1.50pm	25
Intermediate Men	8,000m	2.15pm	35