

## **Leinster XC 2024 day 1 - TIMETABLE**

### **Masters & Intermediate and Juvenile XC Relays**

| <b>Age Group</b>                                      | <b>Distance</b> | <b>Start Time</b> | <b>Duration of Race (minutes)</b> |
|---|-----------------|-------------------|-----------------------------------|
| Girls u12   | 4x250m          | 11am              |                                   |
| Boys u12  | 4x250m          | 11.10am           |                                   |
| Girls u14   | 4x500m          | 11.20am           |                                   |
| Boys u14  | 4x500m          | 11.35am           |                                   |
| Girls u16   | 4x500m          | 11.50am           |                                   |
| Boys u16  | 4x500m          | 12.05pm           |                                   |
| All Master Women (35 yrs +) & Master Men over 65 yrs+ | 4,000m          | 12.30pm           | 25                                |
| Master Men (35 to 64 yrs)                             | 7,000m          | 12.55pm           | 30                                |
| Intermediate Women                                    | 5,000m          | 1.25pm            | 25                                |
| Intermediate Men                                      | 8,000m          | 1.50pm            | 35                                |

**NOTE earlier start time of 11am**