

Athletics Leinster

Juvenile Uneven Ages and Senior Cross Country Championships

Age Group	Distance	Start Time	Duration of Race (Minutes)
Girls U11	1,500m	11.30	15
Boys U11	1,500m	11.45	10
Girls U13	2,500m	11.55	15
Boys U13	2,500m	12.10	15
Girls U15	3,500m	12.25	20
Boys U15	3,500m	12.45	20
Girls U17	4,500m	13.05	20
Boys U17	4,500m	13.25	25
Girls U19 combined with Dublin U19 and U20	5,000m	13.50	20
Boys U19 combined with Dublin U19 and U20	5,000m	14.10	25
Senior Women combined with Dublin Senior Women	6,000m	14.35	25
Senior Men combined with Dublin Senior Men	9,000m	15.00	40