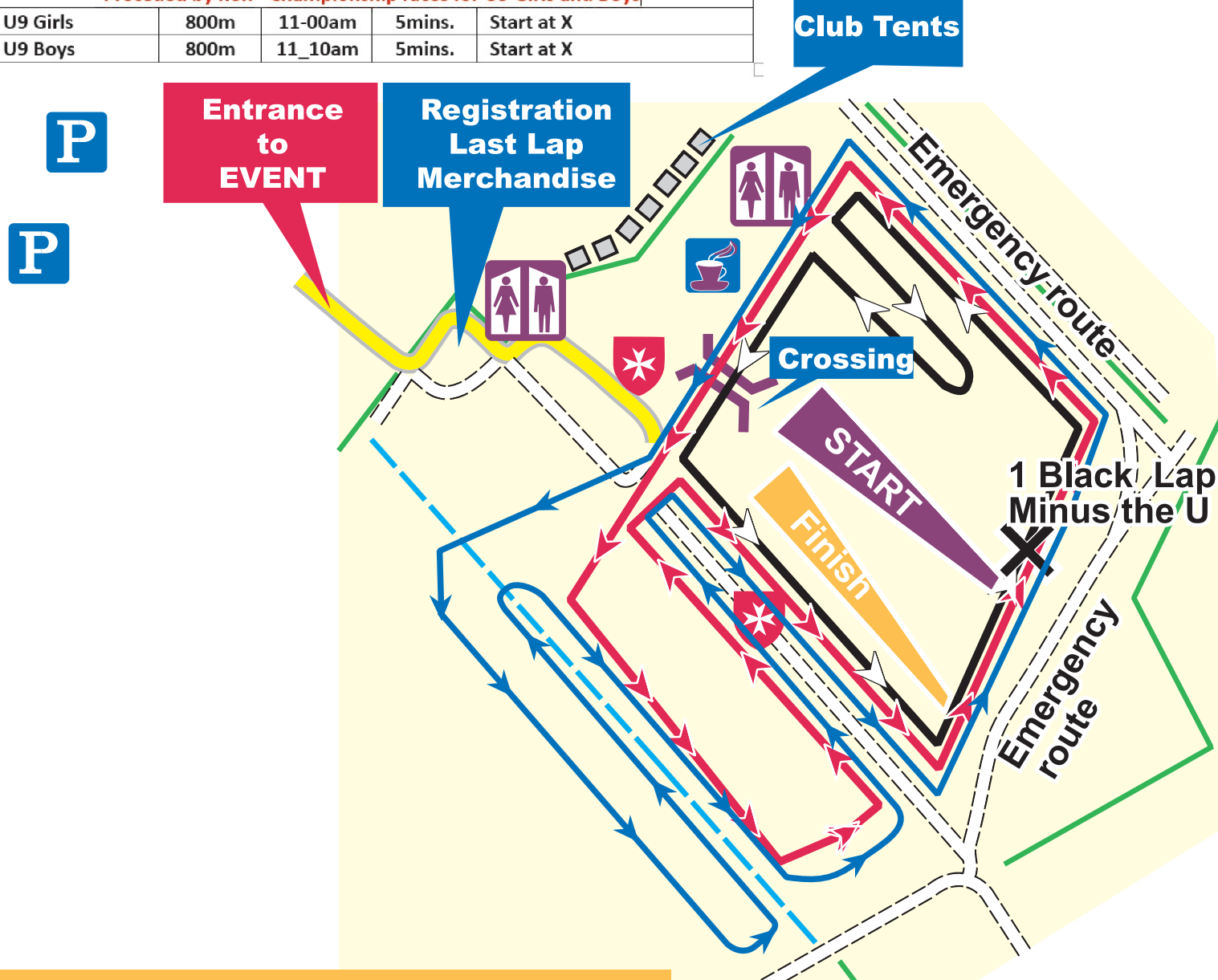


Age Group	Distance	Start	Duration	Route
U11 Girls	1500m	11-30am	15 mins.	1 Red Lap
U11 Boys	1500m	11-45am	10 mins.	1 Red Lap
U13 Girls	2500m	11-55am	15 mins.	1 Black Lap + 1 Red Lap
U13 Boys	2500m	12-10pm	15mins.	1 Black Lap + 1 Red Lap
U15 Girls	3500m	12-25pm	20mins.	1 Red Lap + 1 Blue Lap
U15 Boys	3500m	12-45pm	20mins.	1 Red Lap + 1 Blue Lap
U17 Girls	4500m	1-05pm	20mins.	1 Black + 1 Red + 1 Blue Lap
U17 Boys	4500m	1-25pm	25mins.	1 Black + 1 Red + 1 Blue Lap
U19 Girls	5000m	1-50pm	20mins.	1 Black + 2 Blue Laps
U19 Boys	5000m	2-10pm	25mins.	1 Black + 2 Blue Laps
Senior Women	6000m	2-35pm	25mins.	3 Blue Laps
Senior Men	9000m	3-00pm	40mins.	1 Black Lap + 4 Blue Laps
<b>Preceded by non - Championship races for U9 Girls and Boys</b>				
U9 Girls	800m	11-00am	5mins.	Start at X
U9 Boys	800m	11_10am	5mins.	Start at X



# Athletics Leinster

Senior & Uneven ages  
 Cross Country Championships  
 & Juvenile U11, U13, U15, U17, U19  
 Senior Men and Senior Women  
 Hosted by Athletics Wicklow  
 Sat 2nd Nov 2024

