

# Leinster Novice & Juvenile Even Ages Cross Country

<u>Age Group</u>	<u>Distance</u>	<u>Course</u>
Girls u/12	2,000m	2 Laps A
Boys u/12	2,000m	2 Laps A
Girls u/14	3,000m	1 Lap A + 1 Lap B
Boys u/14	3,000m	1 Lap A + 1 Lap B
Girls u/16	4,000m	2 Laps B
Boys u/16	4,000m	2 Laps B
Combined Girls u/18 & Women u/20	5,000m	1 Lap A + 2 Laps B
Combined Boys u/18 & Men u/20	5,000m	1 Lap A + 2 Laps B
Novice Women	4,000m	2 Laps B
Novice Men	6,000m	3 Laps B

# 1,000m Lap A



# 2,000m Lap B

