

# Leinster Cross Country Championships



Leinster Even Age and Novice Cross Country Championships

Cow Park, Dunboyne Co. Meath  
Sunday, 20th October 2024

EVENT	DISTANCE	LAPS	TIME
GIRLS U10	800m	1 x 800m	11.00
BOYS U10	800m	1 x 800m	11.15
GIRLS U12	2000m	2x 1000m	11.30
BOYS U12	2000m	2x 1000m	11.45
GIRLS U14	3000m	3x 1000m	11.55
BOYS U14	3000m	3x 1000m	12.10
GIRLS U16	4000m	1x 1000m & 2x 1500m	12.25
BOYS U16	4000m	1x 1000m & 2x 1500m	12.45
GIRLS U18, U20	5000m	2x 1000m & 2x 1500m	13.00
BOYS U18, U20	5000m	2x 1000m & 2x 1500m	13.25
NOVICE WOMEN	4000m	1x 1000m & 2x 1500m	14.05
NOVICE MEN	6000m	4x 1500m	14.30

- 800m lap
- 1000m lap
- 1500m lap
- START
- FINISH
- CHECK IN/NUMBER PICKUP
- TOILETS
- FIRST AID
- PRESENTATION AREA

