



DISTANCES

	1,000m
	650m
	1,000m
	START 150m
	FINISH 200m

	INFORMATION POINT
	NUMBER PICKUP
	FOOD & DRINKS
	TOILETS

LEINSTER NOVICE U20 & Juvenile Even Age Cross Country Championships

Age Group	Distance	Lap
U12 Girls	2000m	
U12 Boys	2000m	
U14 Girls	3000m	
U14 Boys	3000m	
U16 Girls	4000m	
U16 Boys	4000m	
U18,U20 Women	5000m	
U18,U20 Men	5000m	
Novice Women	4000m	
Novice Men	6000m	

All Events to Include: Start Distance Finish Distance