

| Athletics Leinster Juvenile 'B' Cross Country Championships and Mixed Relays |          |            |                            |
|------------------------------------------------------------------------------|----------|------------|----------------------------|
| Age Group                                                                    | Distance | Start Time | Duration of Race (minutes) |
| Mixed Relay U11                                                              | 4 x 250m | 11.30am    | 10                         |
| Mixed Relay U13                                                              | 4 x 250m | 11.40am    | 10                         |
| Mixed Relay U15                                                              | 4 x 500m | 11.50am    | 15                         |
| Mixed Relay U17                                                              | 4 x 500m | 12.05pm    | 15                         |
| Time allowed to set up for "B" races                                         |          |            |                            |
| Girls U11                                                                    | 1,000m   | 12.30pm    | 10                         |
| Boys U11                                                                     | 1,000m   | 12.40pm    | 10                         |
| Girls U13                                                                    | 1,500m   | 12.50pm    | 10                         |
| Boys U13                                                                     | 1,500m   | 1.00pm     | 10                         |
| Girls U15                                                                    | 2,500m   | 1.10pm     | 15                         |
| Boys U15                                                                     | 2,500m   | 1.25pm     | 15                         |
| Girls U17                                                                    | 3,000m   | 1.40pm     | 20                         |
| Boys U17                                                                     | 3,000m   | 2.00pm     | 15                         |