

Athletics Leinster

Juvenile Even Ages, U20 and Novice Cross Country Championships

Age Group	Distance	Start Time	Duration of Race (Minutes)
Girls U12	2,000m	11.30	15
Boys U12	2,000m	11.45	10
Girls U14	3,000m	11.55	15
Boys U14	3,000m	12.10	15
Girls U16	4,000m	12.25	20
Boys U16	4,000m	12.45	15
Combined Girls U18 and U20	5,000m	13.00	25
Combined Boys U18 and U20	5,000m	13.25	20
*Novice Women	4,000m	*14.05	25
Novice Men	6,000m	14.30	25

* There will be a gap of 20 mins between the end of the Combined Boys U18 and U20 race and the start of the Novice Women's race