



123.ie

National Senior U20 , U23 & Juvenile Even Age Cross County Championships



DISTANCES

- 500m
- 1,000m
- 650m
- 1,500m
- 1000m
- START 150m
- FINISH 200m

- i INFORMATION POINT
- NUMBER PICKUP
- 🍷 FOOD & DRINKS
- 🚻 TOILETS

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	● ● ● ●
Senior,U23 Women	9000m	● ● ● ● ● ● ● ● ● ●
Senior,U23 Men	9000m	● ● ● ● ● ● ● ● ● ●

All events include : Start Distance ●
Finish Distance ●