



Dublin Senior, Junior & Juvenile Uneven Age Cross Country Championships

Sunday 5th November 2023

Event Schedule

Event	Distance	Start Time	
U9 Girls	800m	11:00	1 X 800m lap
U9 Boys	800m	11:08	1 X 800m lap
U11 Girls	1500m	11:16	1 X 1500m lap
U11 Boys	1500m	11:26	1 X 1500m lap
U13 Girls	2500m	11:35	1 X 1000m + 1 X 1500m
U13 Boys	2500m	11:50	1 X 1000m + 1 X 1500m
U15 Girls	3500m	12.03	2 X 1000m + 1 X 1500m
U15 Boys	3500m	12.20	2 X 1000m + 1 X 1500m
U17 Girls	4500m	12:35	3 X 1500m
U17 Boys	4500m	13.00	3 X 1500m
U19/Junior Ladies	5000m	13:20	2 X 1000m + 2 X 1500m
U19/Junior Men	5000m	13.45	2 X 1000m + 2 X 1500m
Senior Ladies	9000m	14:10	6 X 1500m laps
Senior Men	9000m	15.00	6 X 1500m laps

This event is hosted by Clonliffe Harriers A.C.