



## Dublin Senior, Junior & Juvenile Uneven Age Cross Country Championships

Sunday 3<sup>rd</sup> November 2024

### 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	3000m	12.05	2 X 1500m
U15 Boys	3000m	12.20	2 X 1500m
U17 Girls	4000m	12:35	1 X 1000m + 2 X 1500m
U17 Boys	4000m	13.00	1X 1000m + 2 X 1500m
U19/Junior Ladies	4500m	13:20	3 X 1500m
U19/Junior Men	4500m	13.45	3 X 1500m
Senior Ladies	7500m	14:10	5 X 1500m laps
Senior Men	7500m	15.00	5 X 1500m laps

This event is hosted by Tallaght A.C. & supported by Citywest Leisure Club