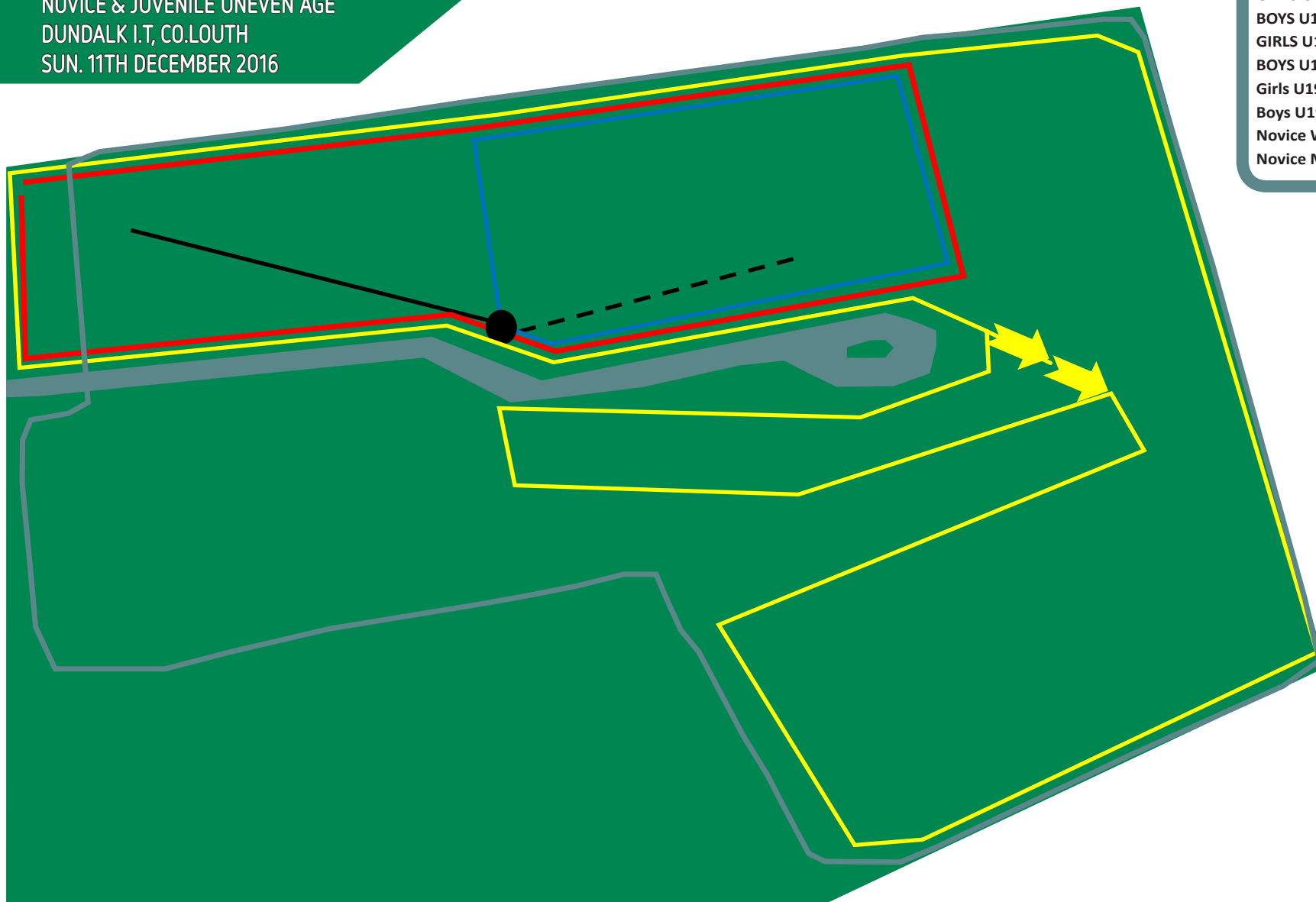




NOVICE & JUVENILE UNEVEN AGE
DUNDALK I.T, CO.LOUTH
SUN. 11TH DECEMBER 2016



EVENT	DISTANCE	START TIME
GIRLS U11	1500m	11.30
BOYS U11	1500m	11.40
GIRLS U13	2500m	11.50
BOYS U13	2500m	12.05
GIRLS U15	3500m	12.20
BOYS U15	3500m	12.40
GIRLS U17	4000m	13.00
BOYS U17	5000m	13.25
Girls U19	4000m	14.00
Boys U19	6000m	14.20
Novice Women	4000m	14.40
Novice Men	6000m	15.10

- Start Straight
- - Finish Straight
- ➡ Modification
- 1500m: Blue Lap + Red Lap
- 2,500m: Red Lap + **Modified** Yellow Lap
- 3,500m: Blue Lap + Red Lap + Yellow Lap
- 4,000m: 2x Yellow Lap
- 5,000m: Red Lap + 2x Yellow Lap
- 6,000m: 3x Yellow Lap



Irish Life health



**Athletics
Ireland**

National Cross Country Championships

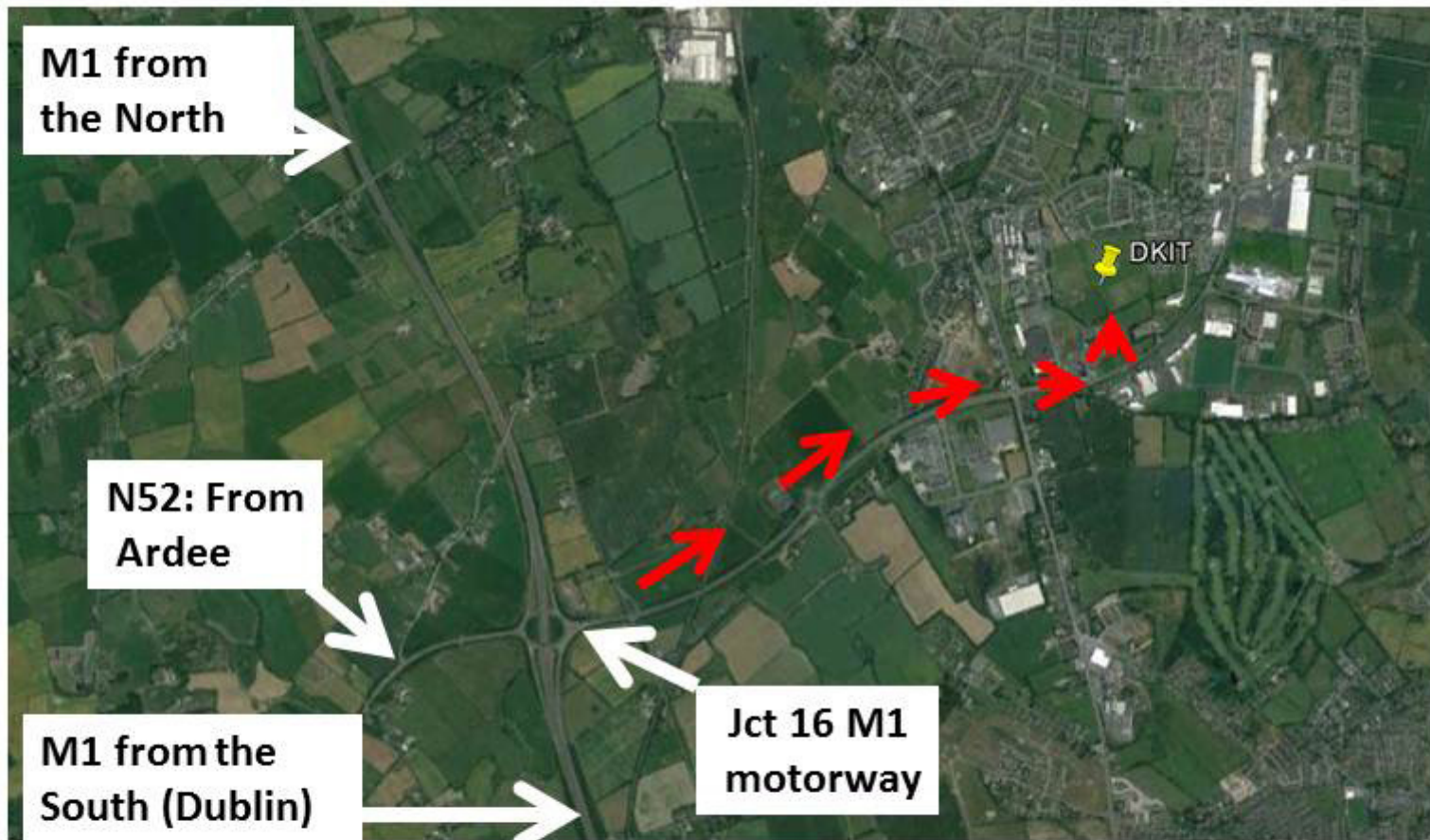


**NOVICE & JUVENILE
UNEVEN AGE
DUNDALK I.T, CO.LOUTH
SUN. 11TH DECEMBER 2016**

EVENT	DISTANCE	START TIME
Girls U11	1500m	11.30
Boys U11	1500m	11.40
Girls U13	2500m	11.50
Boys U13	2500m	12.05
Girls U15	3500m	12.20
Boys U15	3500m	12.40
Girls U17	4000m	13.00
Boys U17	5000m	13.25
Girls U19	4000m	14.00
Boys U19	6000m	14.20
Novice Women	4000m	14.40
Novice Men	6000m	15.10



Venue: Dundalk Institute of Technology (DKIT)



Travelling along M1 (or N52) take Jct 12 of M1. Head towards Dundalk South (DKIT) along the link road (Red Arrows).

Go through three sets of lights as far as the Crown Plaza Hotel. Turn left in front of the hotel into the DKIT Campus.

The course is under the big wind turbine! **GPS: 53° 58' 47.8"N, 6° 23' 24.4"W**