



Athletics  
Ireland

# AUTUMN OPEN XC FESTIVAL 2017



Women Senior	6000m	2.00pm
Women Masters 35-64	6000m	
Men Masters 65+	6000m	
Women Junior (U20)	4500m	
Women Masters 65+	4500m	

Men Senior	7500m	2.45pm
Men Masters 35-64	7500m	
Men Junior (U20)	6000m	

1500m lap  
 START  
 FINISH  
 CHECK IN/NUMBER PICKUP  
 LAST LAP CAFE  
 TOILETS  
 PRESENTATION AREA  
 FIRST AID



Comhairle Contae  
Fine Gall  
Fingal County  
Council





# AUTUMN OPEN XC FESTIVAL 2017



## DUBLIN COUNTY ATHLETIC BOARD JUVENILE EVEN AGE CHAMPIONSHIPS

EVENT	DISTANCE	START TIME
U10 Girls	1000m lap	11.00am
U10 Boys	1000m lap	11.10am
U12 Girls	2 X 1000m lap	11.20am
U12 Boys	2 X 1000m lap	11.35am
U14 Girls	2 X 1500m lap	11.50am
U14 Boys	2 X 1500m lap	12.10pm
U16 Girls	1 X 1000m lap + 2 X 1500m	12.25pm
U16 Boys	1 X 1000m lap + 2 X 1500m	12.45pm
U18 Girls	1 X 1000m lap + 2 X 1500m	1.05pm
U18 Boys	4 X 1500m lap	1.25pm

1000m lap  
1500m lap  
START  
FINISH



## AUTUMN OPEN INTERNATIONAL XC

EVENT	DISTANCE	START TIME
Women Senior	6000m	2.00pm
Women Masters 35-64	6000m	
Men Masters 65+	6000m	
Women Junior (U20)	4500m	
Women Masters 65+	4500m	
Men Senior	7500m	2.45pm
Men Masters 35-64	7500m	
Men Junior (U20)	6000m	

1500m lap  
START  
FINISH  
CHECK IN/NUMBER PICKUP  
LAST LAP CAFE  
TOILETS  
PRESENTATION AREA  
FIRST AID



## Directions to the National Sports Campus



The following are directions to the National Sports Campus.

### By Bus from the City Centre.

Please take the 38A from the Hawkins Street in the City Centre to Snugborough Road in Blanchardstown

### By Car from the City Centre.

Take the Navan Road to the Blanchardstown M50 Roundabout. Continue straight through the roundabout and also through the Blanchardstown Village roundabout. 500 metres after the village roundabout take the slip road to the left and stay in the right hand lane. Take a sharp right at the top of the slip road and cross over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road and take a right at the second set of traffic lights into the National Aquatic Centre.

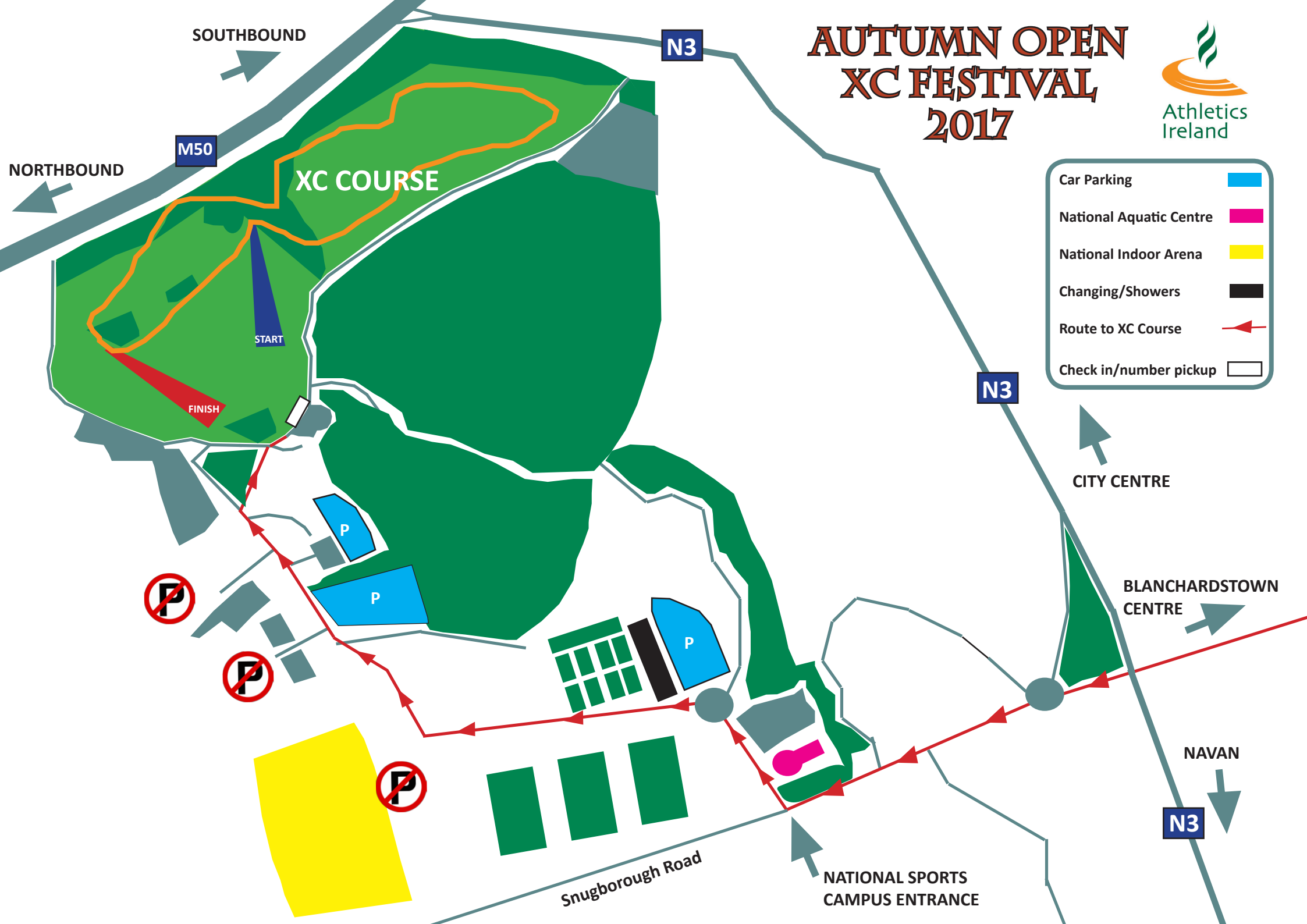
### By car from the M50.

Take the exit at junction 6 on the M50 for Blanchardstown. Continue straight through the Blanchardstown Village roundabout. 500 metres after the village roundabout take the slip road to the left and stay in the right hand lane. Take a sharp right at the top of the slip road and cross over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road and take a right at the second set of traffic lights into the National Aquatic Centre.

### By Car from the Blanchardstown Centre.

Exit the Blanchardstown Centre complex via the Westpoint Health Club exit. Continue to the set of traffic lights and take a left over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road and take a right at the second set of traffic lights into the National Aquatic Centre.

# AUTUMN OPEN XC FESTIVAL 2017



SOUTHBOUND

N3

M50

NORTHBOUND

XC COURSE

START

FINISH

Car Parking	
National Aquatic Centre	
National Indoor Arena	
Changing/Showers	
Route to XC Course	
Check in/number pickup	

N3

CITY CENTRE

BLANCHARDSTOWN CENTRE

NAVAN

N3

NATIONAL SPORTS CAMPUS ENTRANCE

Snugborough Road





# AUTUMN OPEN XC FESTIVAL 2017

Comhairle Contae  
Fhine Gall  
Fingal County  
Council



**2.00pm**

<b>Women Senior</b>	<b>6000m</b>
<b>Women Masters 35-64</b>	<b>6000m</b>
<b>Men Masters 65+</b>	<b>6000m</b>
<b>Women Junior (U20)</b>	<b>4500m</b>
<b>Women Masters 65+</b>	<b>4500m</b>

**2.45pm**

<b>Men Senior</b>	<b>7500m</b>
<b>Men Masters 35-64</b>	<b>7500m</b>
<b>Men Junior (U20)</b>	<b>6000m</b>





# Athletics Ireland

## AUTUMN OPEN INTERNATIONAL CROSS COUNTRY FESTIVAL 2017

SUNDAY 22ND OCTOBER  
NATIONAL SPORTS CAMPUS  
ABBOTTSTOWN

**Incorporating the Masters  
XC Trials**

**( Master Athletes must compete  
in their appropriate distance for  
Selection Purposes)**

**2.00pm:**

**Women Senior: 6000m  
Women Masters 35-64: 6000m  
Men Masters 65+: 6000m  
Women Junior (U20): 4500m  
Women Masters 65+: 4500m**

**2.45pm:**

**Men Senior : 7500m  
Men Masters 35-64: 7500m  
Men Junior (U20): 6000m**

**Prize  
Money**

**Masters: Top 3 per Age Cat.**

**Senior Men & Women  
1st: €500, 2nd: €400, 3rd: €300,  
4th: €200, 5th: €100**

**Under 20 Men & Women:  
1st: €150, 2nd: €100, 3rd: €50**

**Online Entry €15 : [www.athleticsireland.ie](http://www.athleticsireland.ie)  
Entry on the day from 11.30am (€20)  
Registration/Number pick-up onsite &  
Changing/Refreshments close to XC Course**

