

# Irish Life health National Cross Country Championships



**National Novice & Unven Age  
Cross Country Championships  
Sunday 17th December 2017,  
WIT Arena, Carriganore, Co. Waterford**

EVENT	DISTANCE	TIME
Girls U11	1500m 1x1500m lap	11.30
Boys U11	1500m 1x1500m lap	11.40
Girls U13	2500m 1x1000m + 1x1500m	11.50
Boys U13	2500m 1x1000m + 1x1500m	12.05
Girls U15	3500m 2x1000m + 1x1500m	12.20
Boys U15	3500m 2x1000m + 1x1500m	12.40
Girls U17	4000m 1x1000m + 2x1500m	13.00
Boys U17	5000m 2x1000m + 2x1500m	13.25
Girls U19	4000m 1x1000m + 2x1500m	13.55
Boys U19	6000m 4x1500m	14.20
Novice Women	4000m 1x1000m + 2x1500m	14.40
Novice Men	6000m 4x1500m	15.10

- 1000m lap
- 1500m lap
- START
- FINISH
- CHECK IN/NUMBER PICKUP
- CATERING
- TOILETS
- FIRST AID
- PRESENTATION AREA

