

 **Irish Life health**

National Cross Country Championships



**NATIONAL INTERMEDIATE, MASTERS,
JUVENILE B & JUVENILE RELAY
CROSS COUNTRY CHAMPIONSHIPS
SUNDAY 13TH FEBRUARY 2022
ST. NICHOLAS A.C.**

CASTLELYONS, COUNTY CORK

11.30	GIRLS	U11	1000m
11.40	BOYS	U11	1000m
11.50	GIRLS	U13	1500m
12.00	BOYS	U13	1500m
12.10	GIRLS	U15	2500m
12.25	BOYS	U15	2500m
12.40	GIRLS	U17	3000m
13.00	BOYS	U17	3000m
13.20	BOYS	U12	4x500m
	GIRLS	U12	4x500m
	BOYS	U14	4x500m
	GIRLS	U14	4x500m
14.00	MASTER WOMEN & MEN O/65+		4000m
14.30	MASTER MEN O/35 - 64		7000m
15.10	INTERMEDIATE WOMEN		5000m
15.40	INTERMEDIATE MEN		8000m

Provisional Timetable

Athletics Ireland



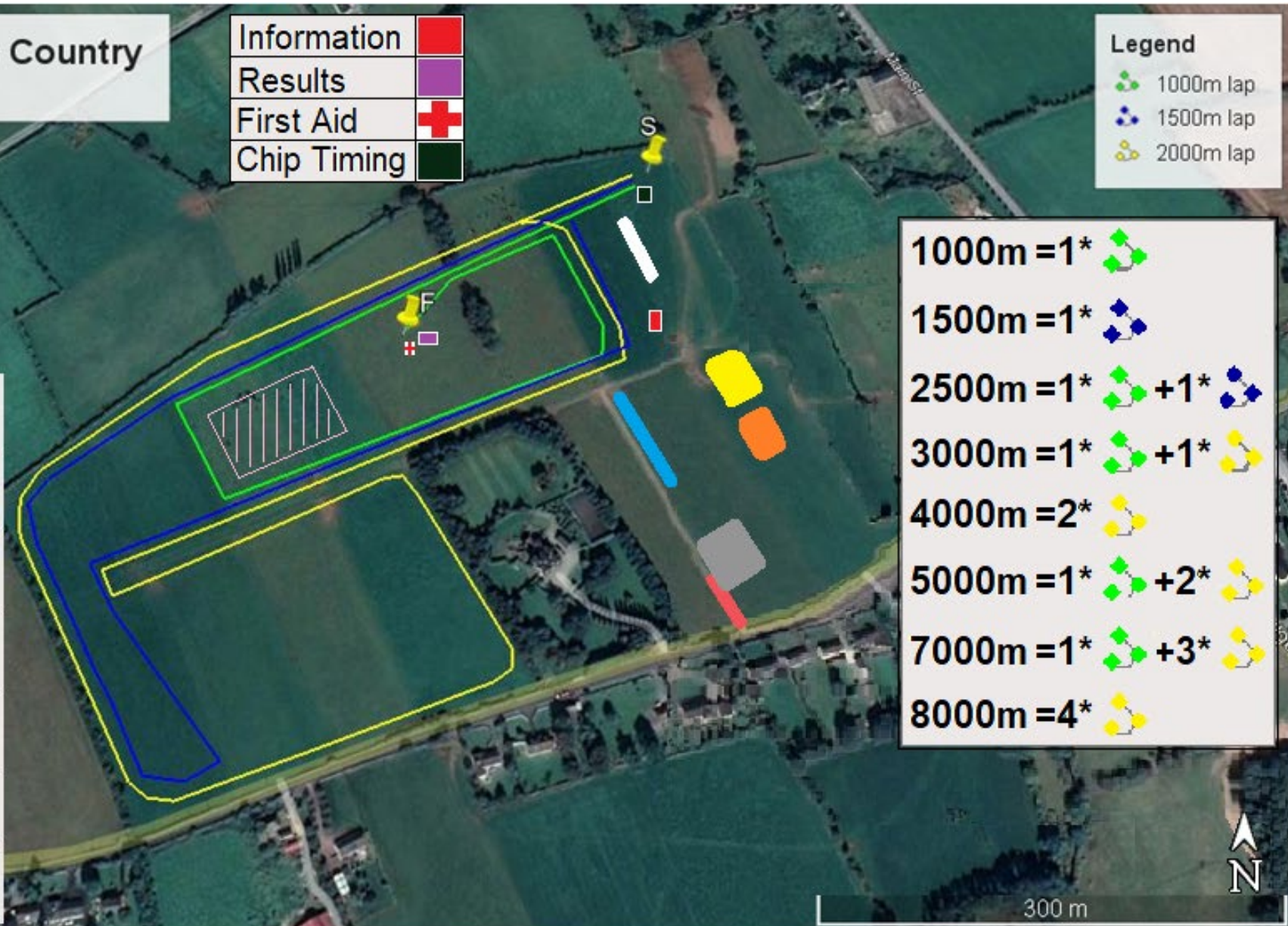
All Ireland B Cross Country

Information	Red square
Results	Purple square
First Aid	Red cross
Chip Timing	Green square

Legend	
Green triangle icon	1000m lap
Blue triangle icon	1500m lap
Yellow triangle icon	2000m lap

1000m = 1*	Green triangle icon
1500m = 1*	Blue triangle icon
2500m = 1* + 1*	Green triangle icon + Blue triangle icon
3000m = 1* + 1*	Green triangle icon + Yellow triangle icon
4000m = 2*	Yellow triangle icon
5000m = 1* + 2*	Green triangle icon + 2 Yellow triangle icons
7000m = 1* + 3*	Green triangle icon + 3 Yellow triangle icons
8000m = 4*	Yellow triangle icon

Check - in	White circle
Toilets	Blue circle
Entrance	Red circle
Catering	Yellow circle
Ticket Check	Grey circle
Club Tents	Red diagonal lines
Merchandice	Orange circle



300 m