

**Kildare County Board Athletics Association of Ireland**  
**Cross Country Championships 2011**

**Date: 25<sup>th</sup> Sept @ 1pm      Venue: Crookstown**

<b>Girls</b>		<b>Boys</b>	
<b>Age</b>	<b>Distance</b>	<b>Age</b>	<b>Distance</b>
U/10	600m	U/10	600m
U/12	1500m	U/12	1500m
U/14	2000m	U/14	2000m
U/16	3000m	U/16	3500m
U/18	4000m	U/18	5500m
Masters Women	2000m	Masters Men	3000m

**Date: 9<sup>th</sup> Oct @ 1pm      Venue: Eire Og**

<b>Girls</b>		<b>Boys</b>	
<b>Age</b>	<b>Distance</b>	<b>Age</b>	<b>Distance</b>
U/9	500m	U/9	500m
U/11	1200m	U/11	1200m
U/13	1800m	U/13	1800m
U/15	2500m	U/15	3000m
U/17	3500m	U/17	4500m
U/19	3500m	U/19	6000m
Intermediate Women	3500m	Intermediate Men	6000m
Senior Women Sealed Handicap	3500m	Senior Men Sealed Handicap	6000m

**Date: To be confirmed      Venue: To be confirmed**

<b>Girls</b>		<b>Boys</b>	
<b>Age</b>	<b>Distance</b>	<b>Age</b>	<b>Distance</b>
Senior Women	4000m	Senior Men	10000m

**Notes:**

**Girls and Boys U/9 – U/14: First 3 individuals for medals and first 3 teams for medals (8 to run, 4 to score)**

**Girls and Boys U/15 – U19: First 3 individuals for medals and first 3 teams (6 to run, 3 to score)**