

<b>County Cross Country Championships – Even Ages Eire-Óg – Oct 14<sup>th</sup> 12:00pm</b>		
<b>Age</b>	<b>Girls</b>	<b>Boys</b>
U/10	600m	600m
U/12	1500m	1500m
U/14	2000m	2000m
U/16	3000m	3500m
U/18	4000m	5500m
Masters	2000m	3000m

<b>County Cross Country Championships – Uneven Ages Suncroft – Oct 21<sup>st</sup> 12:00pm</b>		
<b>Age</b>	<b>Girls</b>	<b>Boys</b>
U/9	500m	500m
U/11	1200m	1200m
U/13	1800m	1800m
U/15	2500m	3000m
U/17	3500m	4500m
U/19	4500m	6000m
Inter	3500m	6000m
Senior Sealed Handicap	3500m	6000m

<b>County Cross Country Championships – Seniors TBD – 12:00 pm</b>		
<b>Age</b>	<b>Women</b>	<b>Men</b>
Senior	4000m	10000m