

Munster Schools XC Championships 2014

Cork Institute of Technology



Small Lap 1000m

Big Lap 1400m

Very Big Lap 1800m = Big lap +

Start to Finish 600m

All laps run anti-clockwise

12:30pm Minor Girls 1500m (1 small lap from the finish)

12:40pm Minor Boys 2500m (2 small laps from the finish)

12:50pm Junior Girls 2500m (2 small laps from the finish)

1:05pm Junior Boys 3500m (3 small laps from the finish)

1:20pm Inter Girls 3000m (1 small lap + 1 big lap from the finish)

1:35pm Inter Boys 5000m (1 small lap + 2 very big laps from the finish)

2:00pm Senior Girls 2500m (2 small laps from the finish)

2:15pm Senior Boys 6000m (3 very big laps from the finish)

2:45pm Varsity Women 4000m (2 very big laps from the finish)

3:00pm Varsity Men 6000m (3 very big laps from the finish)