

# Irish Schools and Varsity XC Championships 2014

## Cork Institute of Technology



Small Lap 1000m ———  
Big Lap 1500m ·····

Start to Finish 600m

### All laps run anti-clockwise

12:00noon Minor Girls 2000m (1 big lap from the finish)  
12:15pm Minor Boys 2500m (2 small laps from the finish)  
12:40pm Junior Girls 2500m (2 small laps from the finish)  
1:00pm Junior Boys 3500m (2 big laps from the finish)  
1:20pm Varsity Women 5000m (3 big laps from the finish)  
1:40pm Inter Girls 3500m (2 laps from the finish)  
2:00pm Inter Boys 5000m (3 big laps from the finish)  
2:25pm Senior Girls 2500m (2 small laps from the finish)  
2:40pm Senior Boys 6500m (4 big laps from the finish)  
3:00pm Varsity Men 8000m (5 big laps from the finish)