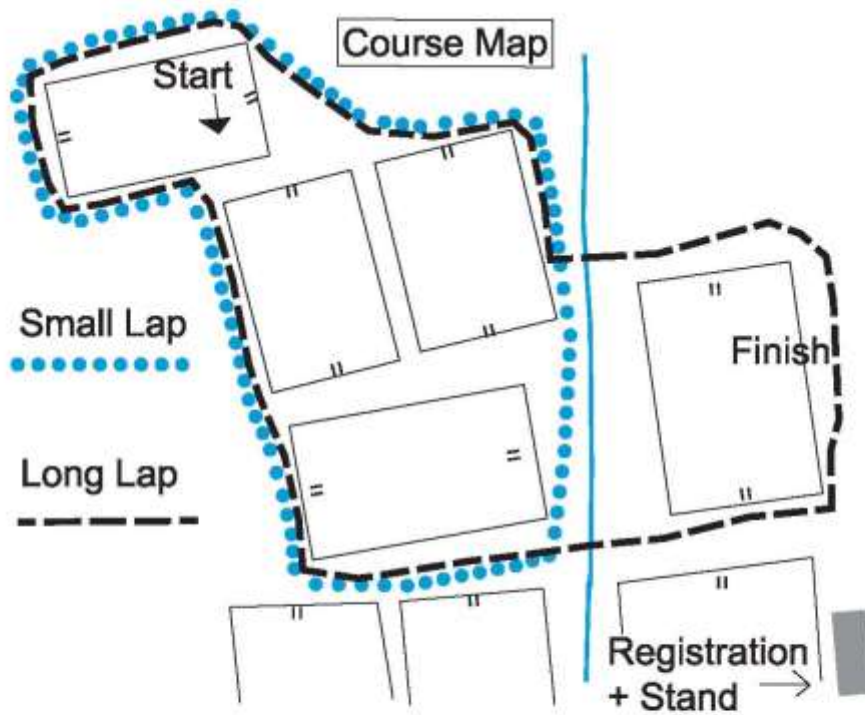




**GloHealth Munster Schools' Cross Country Championships 2015 – C.I.T**

**12<sup>th</sup> Febraury 2015**



**Timetable and Distance of Races**

<b>12:30pm</b>	<b>Minor Girls</b>	<b>2000m (1 Long Lap)</b>
<b>12:40pm</b>	<b>Minor Boys</b>	<b>2500m (2 Small Laps)</b>
<b>12:50pm</b>	<b>Junior Girls</b>	<b>2500m (2 Small Laps)</b>
<b>1:05pm</b>	<b>Junior Boys</b>	<b>3500m (2 Small then 1 Long Lap)</b>
<b>1:20pm</b>	<b>Intermediate Girls</b>	<b>3000m (2 Long Laps)</b>
<b>1:35pm</b>	<b>Intermediate Boys</b>	<b>5000m (2 Small then 2 Long Laps)</b>
<b>2:00pm</b>	<b>Senior Girls</b>	<b>2500m (2 Small Laps)</b>
<b>2:20pm</b>	<b>Senior Boys</b>	<b>6000m (2 Small then 3 Long Laps)</b>

Note: Include additional distance from Start to Finish line

First 3 teams and any athlete in the first 15 individuals qualify for the Glo Health All Ireland Schools Championships in each race.