

Irish Life Health Munster Schools XC 2016

Registration
Toilets
Dressing Rooms

First 3 teams and any athlete in the first 15 individual places qualifies for the Irish Life Health All Ireland Schools XC Championships at Mallusk near Belfast on Saturday 11th March.

Timetable

12:30pm	Minor Girls	2000m	(2 Short Laps)
12:40pm	Minor Boys	2500m	(1 Short then 1 Long Lap)
12:50pm	Junior Girls	2500m	(1 Short then 1 Long Lap)
1:05pm	Junior Boys	3500m	(2 Short then 1 Long Lap)
1:20pm	Intermediate Girls	3000m	(2 Long Laps)
1:35pm	Intermediate Boys	5000m	(2 Short then 2 Long Laps)
2:00pm	Senior Girls	2500m	(1 Short then 1 Long Lap)
2:20pm	Senior Boys	6000m	(4 Long Laps)

