



Dublin Senior, Junior & Juvenile Uneven Age Cross Country Championships - Sunday 2nd November 2025

Event	Distance	Start Time	
U9 Girls (born 2017/2018)	800m	11:00	1 X 800m lap
U9 Boys (born 2017/2018)	800m	11:08	1 X 800m lap
U11 Girls (born 2015/2016)	1500m	11:16	1 X 1500m lap
U11 Boys (born 2015/2016)	1500m	11:26	1 X 1500m lap
U13 Girls (born 2013/2014)	2500m	11:35	1 X 1000m + 1 X 1500m
U13 Boys (born 2013/2014)	2500m	11:50	1 X 1000m + 1 X 1500m
U15 Girls (born 2011/2012)	3000m	12.05	2 X 1500m
U15 Boys (born 2011/2012)	3000m	12.20	2 X 1500m
U17 Girls (born 2009/2010)	4000m	12:35	1 X 1000m + 2 X 1500m
U17 Boys (born 2009/2010)	4000m	13.00	1X 1000m + 2 X 1500m
U19 Girls (born 2007/2008)	4500m	13:20	3 X 1500m
Junior/U20 Ladies (born 06/07/08)	4500m	13:20	3 X 1500m
U19 Boys (born 2007/2008)	4500m	13.45	3 X 1500m
Junior/U20 Men (born 06/07/08)	4500m	13.45	3 X 1500m
Senior Ladies	7500m	14:10	5 X 1500m laps
Senior Men	7500m	15.00	5 X 1500m laps

The U19 and junior ladies and U19 and junior men will be combined.

