



Dublin Juvenile U11 – U17 Uneven Age Cross Country Championships

National Cross Country Course _ Abbotstown

Sunday 9th November 2025

Event	Distance	Start Time	
U11 Girls (born 2015/2016)	1500m	11:00	1 X 1500m lap
U17 Girls (born 2009/2010)	4000m	11:08	1 X 1000m + 2 X 1500m
U11 Boys (born 2015/2016)	1500m	12:15	1 X 1500m lap
U17 Boys (born 2009/2010)	4000m	12:23	1 X 1000m + 2 X 1500m
U13 Girls (born 2013/2014)	2500m	13:30	1 X 1000m + 1 X 1500m
U13 Boys (born 2013/2014)	2500m	13:45	1 X 1000m + 1 X 1500m
U15 Girls (born 2011/2012)	3000m	15.00	2 X 1500m
U15 Boys (born 2011/2012)	3000m	15.15	2 X 1500m

Please note the time gap between each pair of races.

It is important that parents & athletes exit the campus before the next pair of events.