

Proposed Start Times

Uneven Age Groups:

Girls Under 15 3000m 11.45pm

Boys Under 15 3000m 12.05pm

Girls U17 & U19 4000m 12.25pm

Boys Under 17 4500m 1.00pm

Boys Under 19 6000m 1.30pm

Girls Under 11 1200m 2.00pm

Boys Under 11 1200m 2.10pm

Girls Under 13 2000m 2:20pm

Boys Under 13 2000m 2.35pm

Bobby Rea

Women & Male 60+ 5000m 2.50pm

Men’s 8000m 3.15pm

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**NORTHERN IRELAND & ULSTER**

**CROSS COUNTRY CHAMPIONSHIPS 2019**

**Billy Neill MBE Country Park**

# Saturday 9th November 2019

# General Event Information

**AGE GROUPS**

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| --- | --- | --- |
| Under 11 | 2009/2010 | 1200m |
| Under 13 | 2007/2008 | 2000m |
| Under 15 | 2005/2006 | 3000m |
| Under 17 | 2003/2004 | Girls 4000m / Boys 4500m |
| Under 19 | 2001/2002 | Girls 4500m / Boys 6000m |

**SCORING**

Club/School Teams 6 to Run 4 to Score

Girls U19 6 to Run 3 to Score

**County Teams** - the first 6 across the line from a county will be the scoring team for that county (Except U10 Races). **Medals will only be awarded to the winning county.**

## ALL IRELAND QUALIFICATION

Novice and **Uneven Ages Cross Country** will be held on TBC. The following will qualify for these championships

First 12 Individuals (to be entered automatically by Athletics NI – no subs please)

First 4 Teams

First 3 Counties

Entries will be online only and will be available as soon as possible after the event for club and county secretaries – www.athleticsni.org

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