



NORTHERN IRELAND & ULSTER ATHLETICS

Uneven Age Group & Novice Cross Country Championships

Saturday 2nd November 2024

**FINN VALLEY AC STRANORLAR Eircode F93 NV0T
Proposed Start Times**

AGE	DISTANCE	TIME
U11 Girls	1200m	11:15am
U11 Boys	1200m	11:25am
U13 Girls	2000m	11:35am
U13 Boys	2000m	11:50pm
U15 Girls	3000m	12:05pm
U15 Boys	3000m	12:25pm
U17 & U19 Girls	4000m	12:45pm
U17 Boys	4500m	13:05pm
U19 Boys	5000m	13:30pm

Novice Championships

Novice Women	4000m	14:00pm
Novice Men	6000m	14:25pm