

## **Co Intermediates and Uneven Age Cross Country**

### **Galbally 15<sup>th</sup> October 2017:**

#### Course Details:

Red Loop = 500 metres

Purple Loop = 1500metres

Yellow Loop = 2000 metres

Girls/Boys U9 – 600 metres: 1 red loop and 100 metres extra to be marked for participants by RD

Girls/Boys U11 – 1500 metres: 1 Purple Loop

Girls/Boys U13 – 2500 metres: 1 Red Loop, 1 Yellow Loop

Girls/Boys U15 – 3500 metres: 1 Yellow Loop, 1 Purple Loop

Girls U17 – 4000 metres: 2 Yellow Loops

Boys U17 - 5000 metres: 1 Yellow Loop, 2 Purple Loops

Girls U19 – 4000 Metres: 2 Yellow Loops

Boys U19 – 6000 Metres: 3 Yellow Loops

Intermediate Ladies – 5000 metres: 1 Yellow Loop, 2 Purple Loops

Intermediate Mens – 8000 metres: 4 Yellow Loops

