

MUNSTER CROSS COUNTRY – DAY 1 – TIMETABLE

Middlepiece, Turnpike, Two Mile Borris, Co. Tipperary, Sunday 8th November 2020

First Race at 11am

Start Time	U10 Girls	U10 Boys	U12 Girls	U12 Boys	U14 Girls	BOYS U14	GIRLS U16	BOYS U16	GIRLS U18/JUN	BOYS U18/JUN	U23/WOMEN NOVICE	U23/MEN NOVICE
10.20	Red											
10.40	Yellow	Red										
11.00	Green	Yellow	Red									
11.20		Green	Yellow	Red								
11.40			Green	Yellow	Red							
12.00				Green	Yellow	Red						
12.30					Green	Yellow	Red					
13.00						Green	Yellow	Red				
13.30							Green	Yellow	Red			
14.00								Green	Yellow	Red		
14.30									Green	Yellow	Red	
15.00										Green	Yellow	Red
16.00											Green	Yellow
16.30												Green

	Go to your zone in the carpark to collect your numbers from your Team Leader
	Allocated time for warming up on the infield only. Only the athletes allocated to this time can warm up. No one will be allowed onto the infield without a number or a Club Team Leader Allocated time for warming up on the infield only. Only the athletes allocated to this time can warm up. No one will be allowed onto the infield without a number or a Club Team Leader
	Your Club Team Leader will be required to have you at the start line 5 minutes before this time as the time illustrated is the start time. If you are not there, the race will start without you

MUNSTER CROSS COUNTRY – DAY 2 TIMETABLE

CLARECASTLE, GAA GROUNDS, CLARECASTLE CO. CLARE – Sunday 15th November 2020

First Race at 10am

Start Time	GIRLS U9	BOYS U9	GIRLS U11	BOYS U11	GIRLS U13	BOYS U13	GIRLS U15	BOYS U15	BOYS U17	BOYS U17	GIRLS U19	BOYS U19	WOMEN SENIOR	MEN SENIOR
9.00	Red													
9.15	Yellow	Red												
10.00	Green	Yellow	Red											
10.20		Green	Yellow	Red										
10.40			Green	Yellow	Red									
11.00				Green	Yellow	Red								
11.20					Green	Yellow	Red							
11.40						Green	Yellow	Red						
12.00							Green	Yellow	Red					
12.30								Green	Yellow	Red				
13.00									Green	Yellow	Red			
13.30										Green	Yellow	Red		
14.00											Green	Yellow	Red	
14.30												Green	Yellow	Red
15.00													Green	Yellow
15.30														Green

	Go to your zone in the carpark to collect your numbers from your Team Leader
	Allocated time for warming up on the infield only. Only the athletes allocated to this time can warm up. No one will be allowed onto the infield without a number or a Club Team Leader Allocated time for warming up on the infield only. Only the athletes allocated to this time can warm up. No one will be allowed onto the infield without a number or a Club Team Leader
	Your Club Team Leader will be required to have you at the start line 5 minutes before this time as the time illustrated is the start time. If you are not there, the race will start without you

MUNSTER CROSS COUNTRY – DAY 3 – TIMETABLE

Cork Athletics Grounds, Slieveroe, Riverstick, Co. Cork – Sunday 29th November

First Race at 10:00am

JUVENILE “B” – INTERMEDIATE & MASTERS

Start Time	GIRLS U9	BOYS U9	GIRLS U11	BOYS U11	GIRLS U13	BOYS U13	GIRLS U15	BOYS U15	BOYS U17	BOYS U17	WOMEN INTER	WOMEN MASTERS	MEN INTER	MEN MASTERS
9.00	Red													
9.15	Yellow	Red												
10.00	Green	Yellow	Red											
10.20		Green	Yellow	Red										
10.40			Green	Yellow	Red									
11.00				Green	Yellow	Red								
11.20					Green	Yellow	Red							
11.40						Green	Yellow	Red						
12.00							Green	Yellow	Red					
12.30								Green	Yellow	Red				
13.00									Green	Yellow	Red			
13.30										Green	Yellow	Red		
14.00											Green	Yellow	Red	
14.30												Green	Yellow	Red
15.00													Green	Yellow
15.30														Green

	Go to your zone in the carpark to collect your numbers from your Team Leader
	Allocated time for warming up on the infield only. Only the athletes allocated to this time can warm up. No one will be allowed onto the infield without a number or a Club Team Leader
	Your Club Team Leader will be required to have you at the start line 5 minutes before this time as the time illustrated is the start time. If you are not there, the race will start without you