

-MUNSTER CROSS COUNTRY – DAY 1 – TIMETABLE

Middlepiece, Turnpike, Two mile Borris, Co. Tipperary, Sunday 31st January 2021 at 10:30am

Start Time	U10 Girls	U10 Boys	U12 Girls	U12 Boys	U14 Girls	BOYS U14	BOYS U16	BOYS U16	GIRLS U18/JUN	BOYS U18/JUN	WOMEN NOVICE	MEN NOVICE
09.50												
10.10												
10.30												
10.50												
11.10												
11.30												
11.50												
12.10												
12.30												
12.50												
13.10												
13.40												
14.10												
14.40												

	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 14th February 2021 at 10:30am

Start Time	GIRLS U9	BOYS U9	GIRLS U11	BOYS U11	GIRLS U13	BOYS U13	GIRLS U15	BOYS U15	GIRLS U17	BOYS U17	GIRLS U19	BOYS U19	WOMEN SENIOR	MEN SENIOR
09.50	Red													
10.10	Yellow	Red												
10.30	Green	Yellow	Red											
10.50		Green	Yellow	Red										
11.10			Green	Yellow	Red									
11.30				Green	Yellow	Red								
11.50					Green	Yellow	Red							
12.10						Green	Yellow	Red						
12.30							Green	Yellow	Red					
12.50								Green	Yellow	Red				
13.10									Green	Yellow	Red			
13.30										Green	Yellow	Red		
14.00											Green	Yellow	Red	
14.30												Green	Yellow	Red
15.00													Green	Yellow
15.00														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