

# Leinster Intermediate, Masters & Juvenile Relay Cross Country

Category	Distance	Course
U12(F&M)	4 x 250m	1 Lap A
U14 (F&M)	4 x 500m	2 Laps A
U16 (F&M)	4 x 500m	2 Laps A
Intermediate (F) and Masters (F)	4,000	2 Laps B
Masters (M)	6,000	3 Laps B
Intermediate (M)	8,000	4 Laps B

# 1,000m Lap A



