



**Legend**  
 750m █  
 1000m █  
 Extra 500m █

	Distance	Laps
U9 Girls	750m	750m X 1
U9 Boys	750m	750m X 1
U11 Girls	1,500m	500m X 1 1,000m x 1
U11 Boys	1,500m	500m X 1 1,000m x 1
U13 Girls	2,000m	1,000m X 2
U13 Boys	2,000m	1,000m X 2
U15 Girls	3,000m	1,000m X 3
U15 Boys	3,000m	1,000m X 3
U17 Girls	3,000m	1,000m X 3
U17 Boys	4,500m	500m X 1 1,000m X 4
U19 Girls	4,000m	1,000m X 4
U19 Boys	4,500m	500m X 1 1,000m X 4
Novice Women	4,000m	1,000m X 4
Novice Men	6,000m	1,000m X 6

Parking Area

Stirrup Bar

L2980

Ballyhooly Rd