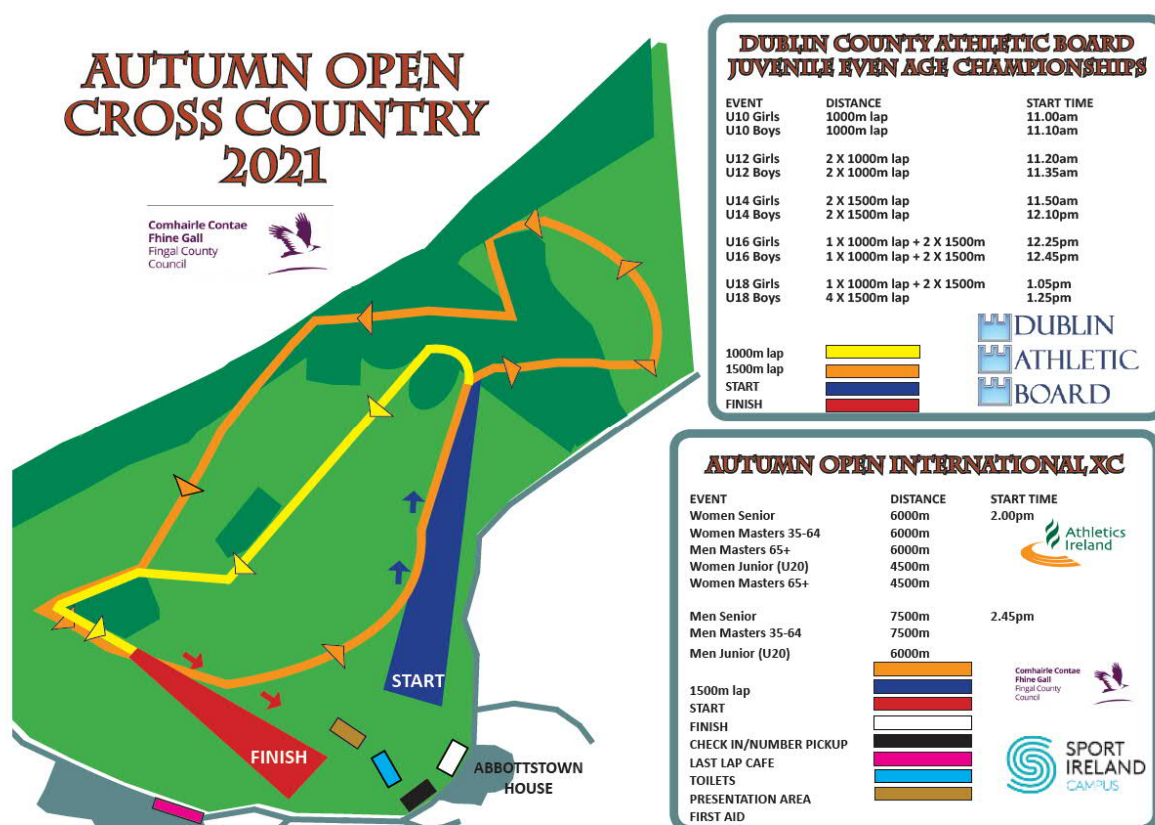


Dublin Juvenile Even Age Cross Country Championships/Autumn Open

Sunday 17th October 2021 – National Sports Campus, Abbotstown



AUTUMN OPEN INTERNATIONAL XC

Event	Distance	Start Time
Women Senior	6000m	2.00pm
Women Masters 35-64	6000m	
Men Masters 65+	6000m	
Women Junior (U20)	4500m	
Women Masters 65+	4500m	
Men Senior	7500m	2.45pm
Men Masters 35-64	7500m	
Men Junior (U20)	6000m	

1500m lap
START
FINISH
CHECK IN/NUMBER PICKUP
LAST LAP CAFE
TOILETS
Presentation Area
FIRST AID

Legend:
 Orange line
 Blue line
 Red line
 Black line
 Pink line
 Green line
 Brown line

Logos: Athletics Ireland, Comhairle Contae Fhine Gall Fingal County Council, SPORT IRELAND

Dublin Juvenile Even Age Cross Country Championships/Autumn Open

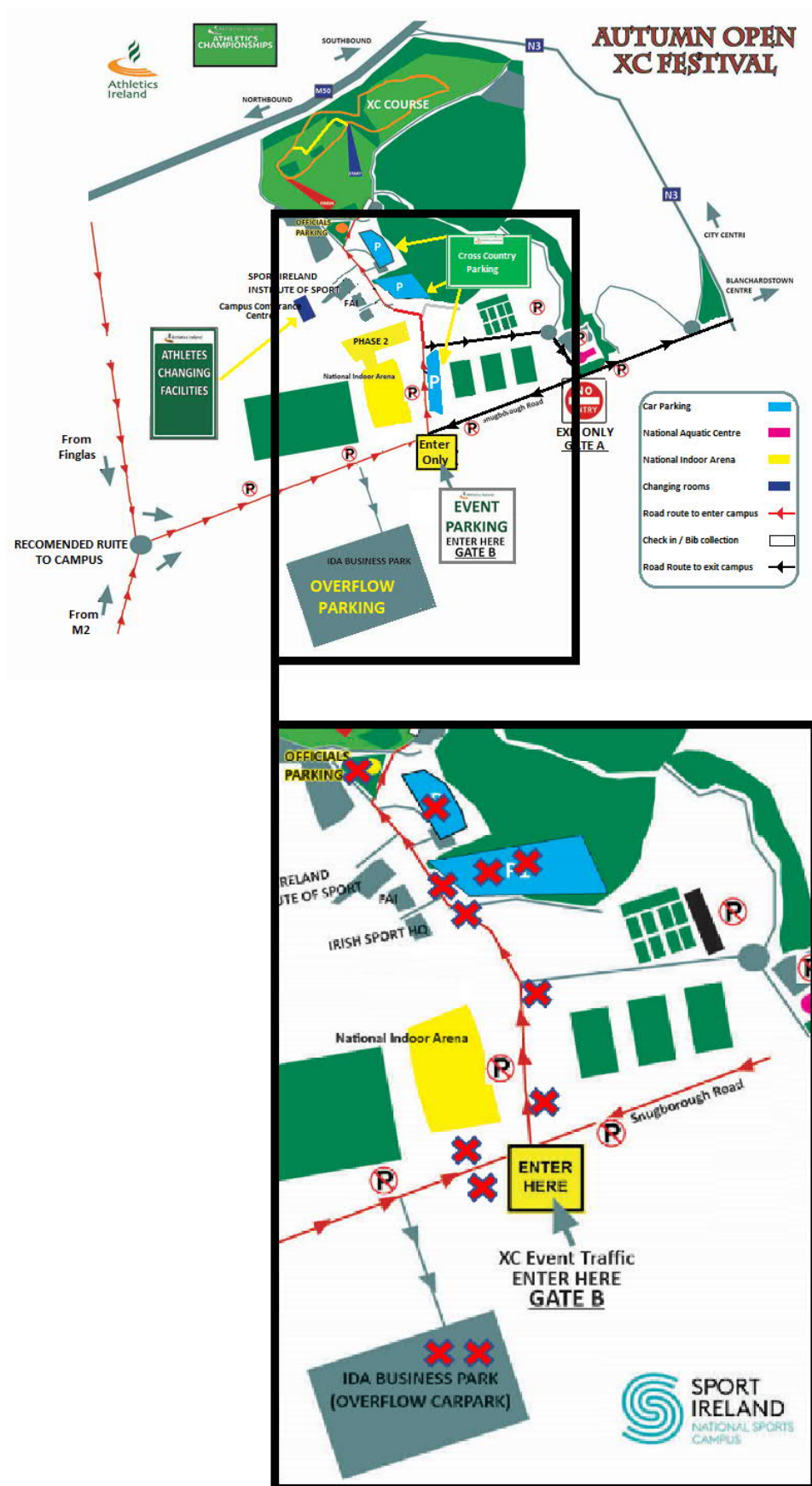
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Entering the Campus



Dublin Juvenile Even Age Cross Country Championships/Autumn Open

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Dublin Juvenile Even Age Cross Country Championships/Autumn Open

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Directions to the National Sports Campus



The following are directions to the National Sports Campus.

****It is strongly advised that all XC event traffic driving to the event should travel via the N2 Derry/Ashbourne road and follow signposts to the sports campus to avoid congestion at the Blanchardstown Slip Road.****

ALL EVENT TRAFFIC TO ENTER THROUGH GATE B OF THE SPORTS CAMPUS(PLEASE SEE MAP) - MAIN ENTRANCE = NO ENTRY!

By car from the M50.

There are two junctions which can be taken to get to the sports campus from the M50.

Junction 5 (RECOMMENDED ROUTE)

Take the exit at Junction 5 on the M50 for Finglas/Derry N2, going northbound stay in the left lane (signposted N2 Derry/Ashbourne). Take Exit 2 for St.Margarets/Blanchardstown R135. There are a number of roundabouts on this route. At the first roundabout take the first exit, continue straight through the next two roundabouts then take a left at the next roundabout. Continuing forward go straight through the next two roundabouts then take a left at the next roundabout signposted Ballycoolin road/ NSC. At the next roundabout take a right turn and the sports campus entrance will be the first entrance on the left hand side.

Junction 6

Take the exit at junction 6 on the M50 for Blanchardstown. Going southbound stay in the left lane (signposted Cavan/ Blanch'town N3)and follow the road around until you see the slip road for Blanchardstown Shopping centre, going northbound stay in the right lane (signposted N3 Navan). Once approaching the slip road for Blanchardstown shopping centre stay in the right lane of the sliproad. Take a sharp right at the top of the slip road and cross over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road and take a right at the second set of traffic lights into the National Sports Campus, you will see the Aquatic Centre on the right.

By Car from the City Centre.

Take the Navan Road to the Blanchardstown M50 Roundabout. Continue straight through the junction and take the slip road to the left and stay in the right hand lane. Take a sharp right at the top of the slip road and cross over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road passing the Main entrance to the Sports Campus taking the next right turn through Gate B.

By Bus from the City Centre.

Please take the 38A from the Hawkins Street in the City Centre to Snugborough Road in Blanchardstown

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AUTUMN OPEN TIMETABLE			
 JUVENILE EVEN AGE CHAMPIONSHIPS U10-U18	EVENT	DISTANCE	START TIME
	U10 Girls	1000m lap	11.00am
	U10 Boys	1000m lap	11.10am
	U12 Girls	2 X 1000m lap	11.20am
	U12 Boys	2 X 1000m lap	11.35am
	U14 Girls	2 X 1500m lap	11.50am
	U14 Boys	2 X 1500m lap	12.10pm
 AUTUMN OPEN INTERNATIONAL CROSS COUNTRY	U16 Girls	1 X 1000m lap + 2 X 1500m	12.25pm
	U16 Boys	1 X 1000m lap + 2 X 1500m	12.45pm
	U18 Girls	1 X 1000m lap + 2 X 1500m	1.05pm
	U18 Boys	4 X 1500m lap	1.25pm
	EVENT	DISTANCE	START TIME
	Women Senior	6000m	2.00pm
	Women Masters 35-64	6000m	
	Men Masters 65+	6000m	
	Women Junior (U20)	4500m	
	Women Masters 65+	4500m	
	Men Senior	7500m	2.45pm
	Men Masters 35-64	7500m	
	Men Junior (U20)	6000m	



11.00AM
JUVENILE EVEN AGE CHAMPIONSHIPS U10-U18



Athletics Ireland



AUTUMN OPEN INTERNATIONAL CROSS COUNTRY FESTIVAL 2021

SUNDAY 17TH OCTOBER

NATIONAL SPORTS CAMPUS ABBOTTSTOWN

Incorporating the Masters XC Trials
 (Master Athletes must compete in their appropriate distance for Selection Purposes)

2.00PM:
 Women Senior: 6000m
 Women Masters 35-64: 6000m
 Men Masters 65+: 6000m
 Women Junior (U20): 4500m
 Women Masters 65+: 4500m

2.45PM:
 Men Senior : 7500m
 Men Masters 35-64: 7500m
 Men Junior (U20): 6000m

Prizes
 Senior Men & Women:
 1st: €500, 2nd: €400, 3rd: €300, 4th: €200, 5th: €100
 Under 20 Men & Women:
 1st: €150, 2nd: €100, 3rd: €50
 Masters: Jim McNamara Perpetual Trophy 1st Male & Female

Online Entry €15 : www.athleticsireland.ie
 Registration/Number pick-up onsite &
 Changing/Refreshments close to XC Course






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