



## Castlegar AC Open Cross Country 16th Spetember 2023 Timetable

The Perpetual Conor Slevin Memorial Shield will be awarded to the best overall club on the day

Prizes will be awarded to the top 3 in each Individaul age category for both Girls & Boys from U9 to U18, Junior, Senior Women & Men along with Senior Women & Men age category prizes for U40, U50, U60

SCHEDULE

Sep 16 12:00	U14,15 & 16 Girls	2500
Sep 16 12:15	U14, 15 & 16 Boys	2500
Sep 16 12:30	U12 & 13 Girls	1500
Sep 16 12:40	U12 & 13 Boys	1500
Sep 16 12:50	Ladies, U18 & Junior Girls, U18 Boys, Masters Men O60	4000
Sep 16 13:15	Mens, Junior Men	6000
Sep 16 13:15	Tots Fun Run straight after the men's start	200
Sep 16 13:45	U14 To U16 Mixed Relay	4 * 200
Sep 16 13:55	U12, 13 Mixed Relay	4 * 200
Sep 16 14:05	U9 Girls	800
Sep 16 14:15	U9 Boys	800
Sep 16 14:25	U10 Girls	1000
Sep 16 14:35	U10 Boys	1000
Sep 16 14:45	U11 Girls	1000
Sep 16 14:55	U11 Boys	1000
Sep 16 15:05	U9 Mxed Relay	4 * 200
Sep 16 15:15	U10 Mixed Relay	4 * 200
Sep 16 15:25	U11 Mixed Relay	4 * 200
Sep 16 15:35	Open 2K	2000

We endeavour to run to time but some races might run earlier / later than scheduled.