**ATHLETICS WICKLOW CROSS COUNTRY DISTANCES**

|  |  |  |  |
| --- | --- | --- | --- |
| **Girls** | **Distance** | **Boys** | **Distance** |
| Under 7 | 150m | Under 7 | 150m |
| Under 8 | 500m | Under 8 | 500m |
| Under 9 | 800m | Under 9 | 800m |
| Under 10 | 1000m | Under 10 | 1000m |
| Under 11 | 1500m | Under 11 | 1500m |
| Under 12 | 2000m | Under 12 | 2000m |
| Under 13 | 2500m | Under 13 | 2500m |
| Under 14 | 3000m | Under 14 | 3000m |
| Under 15 | 3500m | Under 15 | 3500m |
| Under 16 | 4000m | Under 16 | 4000m |
| Under 17 | 4500m | Under 17 | 4500m |
| Under 18 | 5000m | Under 18 | 5000m |
| Under 19 | 5000m | Under 19 | 5000m |
| Senior | 6000m | Senior | 10,000m |
| Novice  | 4000m | Novice | 6000m |
| Intermediate | 4000m | Intermediate | 8000m |
| Masters | 4000m | Masters | 6000m |