

# MUNSTER ATHLETICS

MASTERS CROSS COUNTRY CHAMPIONSHIPS

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JUVENILE & SENIOR CROSS COUNTRY RELAYS

CLARECASTLE G.A.A CLUB GROUNDS

SUNDAY 28<sup>TH</sup> NOVEMBER 2021

V95 AE9X

RELAYS

JUVENILE 4 x 500M

SENIOR – 4 X 1000M

Relays = Green Lap

Women = 1 Green Lap + 2 Yellow Laps

Men = 1 Green Lap + 4 Yellow Laps

FINISH

STARTS

