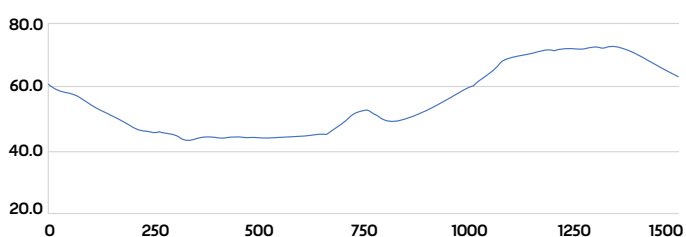
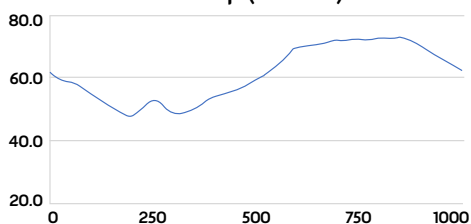


Map of the Course, Loops and Course Profile

Long Lap (1500m)



Short Lap (1000m)



- Short Lap
- Long Lap
- Finish Straight
- Start Area
- Spectator Crossing
- Relay Exchange Zone



	Distance	Number of loops and respective length
U20 Women	4000m	1 X Short Lap + 2 X Long Laps
U20 Men	6000m	4 X Long Laps
U23 Women	6000m	4 X Long Laps
U23 Men	8000m	2 X Short Laps + 4 X Long Laps
Senior Women	8000m	2 X Short Laps + 4 X Long Laps
Senior Men	10000m	1 X Short Lap + 6 X Long Laps
Mixed Relay	6000m	4 X Long Laps

EUROPEAN ATHLETICS

SPAR

CROSS COUNTRY CHAMPIONSHIPS

Fingal-Dublin 2021