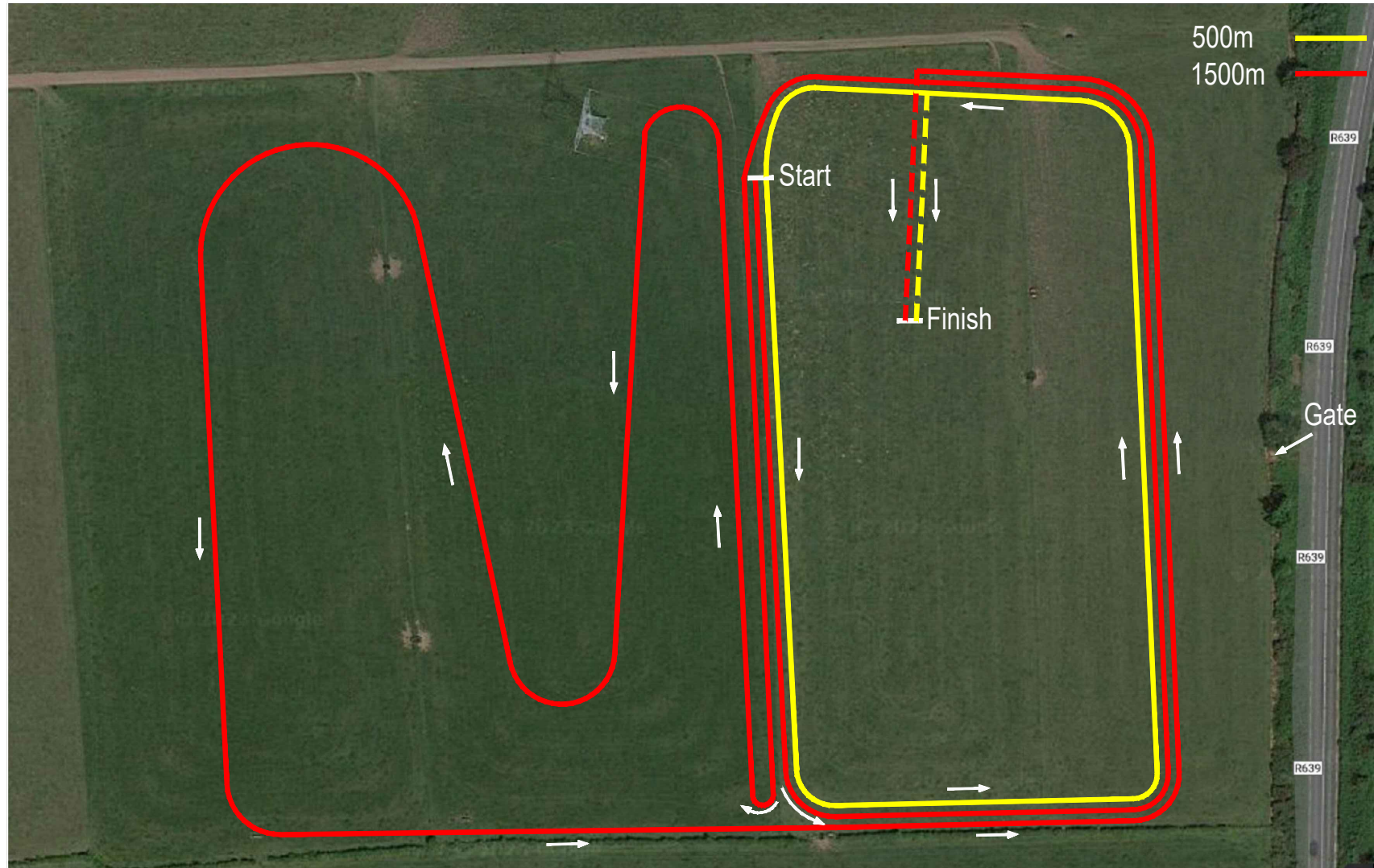


Event	Distance	Laps	Order of Laps
Masters Women	4,000m	500m x 2 and 1,500m x 2	(Yellow laps followed by Red Laps)
Masters Men	7,000m	500m x 2 and 1,500m x 4	(Yellow laps Followed by Red Laps)
Juvenile Relays			
Relay's 4 x 500m (Yellow Lap only)			



EIRCODE : T45FH56

GPS Co-ordinates : 51.96936, -8.38344