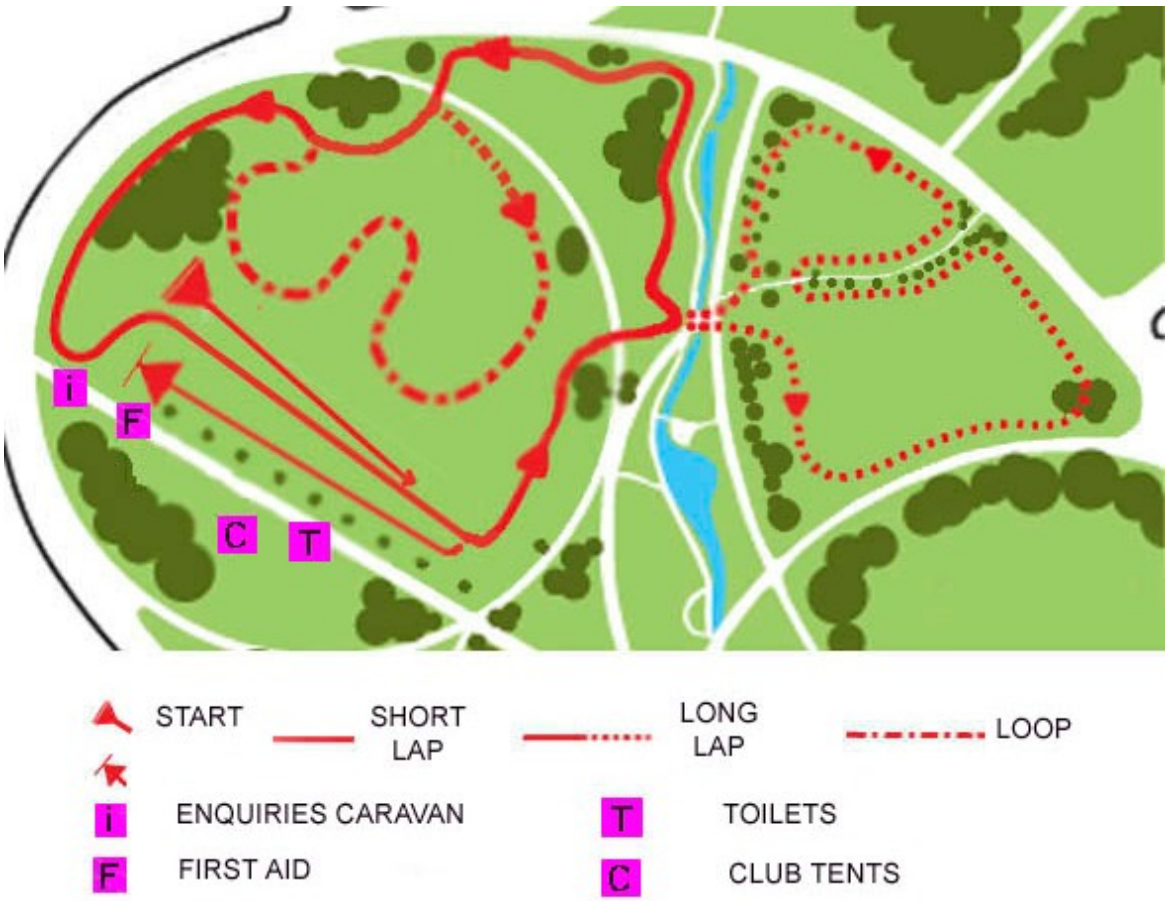

Race 1	11.00	Boys and Girls U11	1.9km
		One short lap plus start and finish straights	
Race 2	11.15	Girls U13	3km
		One long lap plus start and finish straights	
Race 3	11.30	Boys U13	3km
		One long lap plus start and finish straights	
Race 4	11.45	Boys U15	3km
		One long lap plus start and finish straights	
Race 5	12.00	Girls U15	3km
		One long lap plus start and finish straights	
Race 6	12.15	Girls U17 and IAAF Junior Women (U20 on 31.12.08)	4.4km
		One short lap and one long lap plus start and finish straights	
Race 7	12.35	Boys U17	5.5km
		Two long laps plus start and finish straights	
Race 8	12.55	IAAF Junior Men (U20 on 31.12.08)	6.7km
		Two long laps with loop each lap plus start and finish straights	
Race 9	13.20	Senior Women	8.1km
		One short lap and two long laps with loop each long lap plus start and finish straights	
Race 10	14.00	Senior Men	9.8km
		Three long laps with loop each lap plus start and finish straights	