

Timetable

Race 1	12.30	Under 20 Men	7000m	Start → Lap AF → Lap ABCDEFG → Lap ABCDEFG → Finish
Race 2	13.00	Under 20 Women	5000m	Start → Lap AF → Lap AF → Lap ABCDEFG → Finish
Race 3	13.25	Junior Girls (SIAB)	3500m	Start → Lap AG → Lap ABCDEFG → Finish
Race 4	13.40	Junior Boys (SIAB)	4500m	Start → Lap AG → Lap AF → Lap ABCDEFG → Finish
Race 5	14.00	Senior Women (& Uni's)	6000m	Start → Lap ABCDEFG → Lap ABCDEFG → Finish
Race 6	14.30	Senior Men (& Uni's)	10000m	Start → Lap AF → Lap ABCDEFG → Lap ABCDEFG → Lap ABCDEFG → Finish
Race 7	15.10	Middle Girls (SIAB)	4500m	Start → Lap AG → Lap AF → Lap ABCDEFG → Finish
Race 8	15.35	Middle Boys (SIAB)	6000m	Start → Lap ABCDEFG → Lap ABCDEFG → Finish

AVIVA

S.I.A.B. Cross Country International & Home Countries Cross Country International
 incorporating the Celtic Universities Cross Country International

The Faenol, near Bangor, North Wales

Saturday 28th March 2009 - 12:30 Start

UKA Permit No XC2009283

NOT TO SCALE

