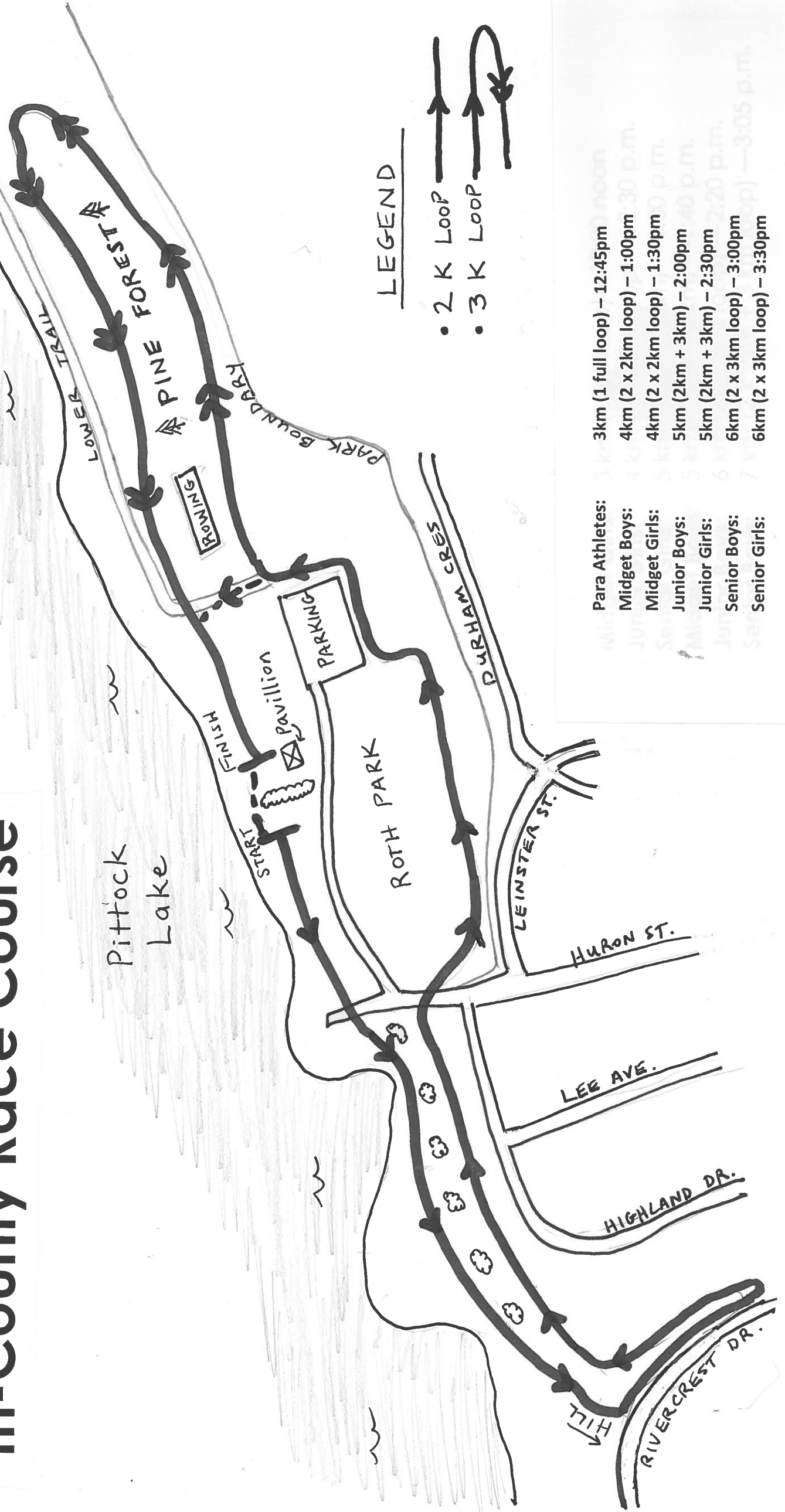


Cross Country Running: Tri-County Race Course



LEGEND

- 2 K LOOP
- 3 K LOOP

Para Athletes:	3km (1 full loop) – 12:45pm
Midget Boys:	4km (2 x 2km loop) – 1:00pm
Midget Girls:	4km (2 x 2km loop) – 1:30pm
Junior Boys:	5km (2km + 3km) – 2:00pm
Junior Girls:	5km (2km + 3km) – 2:30pm
Senior Boys:	6km (2 x 3km loop) – 3:00pm
Senior Girls:	6km (2 x 3km loop) – 3:30pm