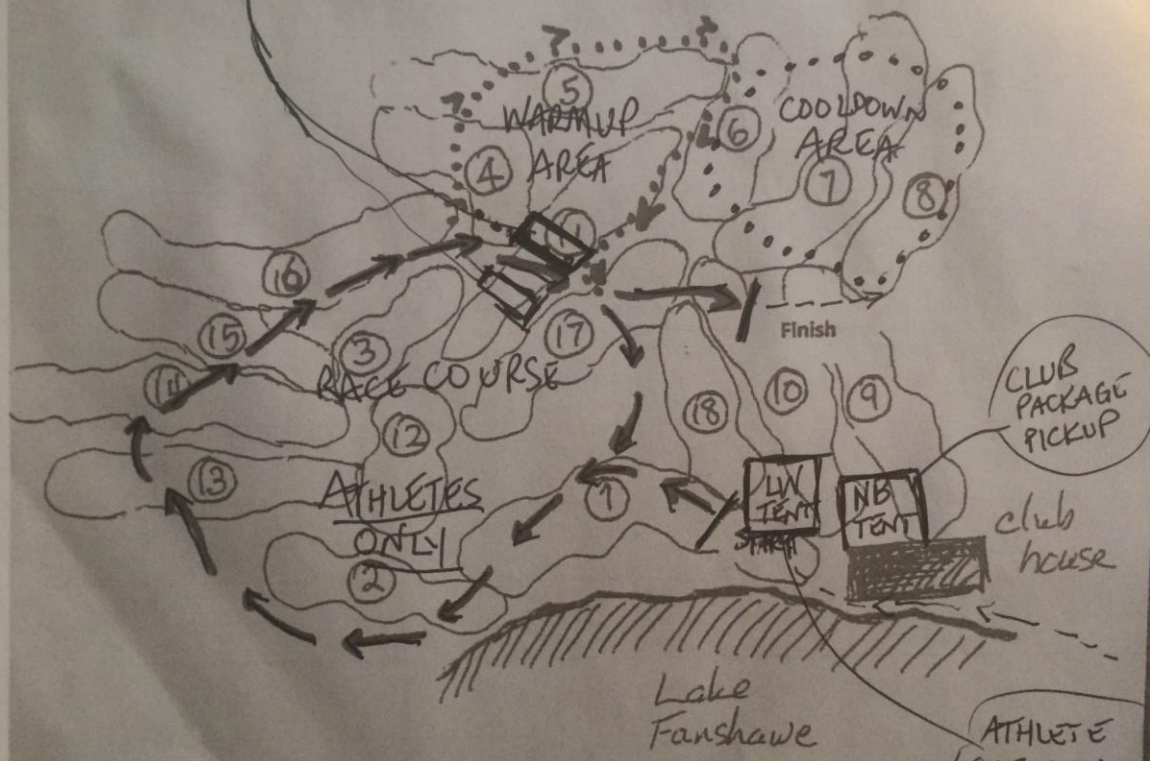


COACH/SPECTATOR ZONE



- Para (3 km, one 3 km loop)
- Midget (4 km, 2 x 2 km loop)
- Junior (5 km, one 2 km loop + one 3 km loop)
- Senior (6 km, 2 x 3 km loop)

2 km loop = ← RACE COURSE
 3 km loops = ← + WARMUP & COOLDOWN AREAS
 ← - - - - - COMPETING ATHLETE ENTRY & EXIT POINTS

ATHLETE CHECK-IN AREA 15 MINS BEFORE RACE START