

Saturday October 30, 2021

Course Notes:

- The start and finish lines are the same for all races
- All courses will be clearly marked out with flags and/or caution tape to create chutes or block off certain areas
 - In some cases the tree line will act as a natural barrier as well
- In cases where there are ONLY flags on one side, the flags will be on the runners' left so STAY TO THE RIGHT OF FLAGS
 - Marshalls will be placed at critical areas

Peewee Boys and Girls – 800 m Race Course Walk Through- 9:15 am Boys and Girls- 10:00 am



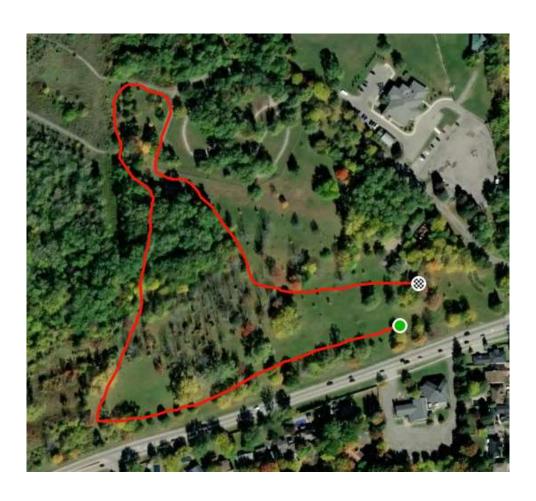


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Mite - 1K Race

Course Walk Through- 9:15 am

Girls- 10:15 am Boys- 10:30 am





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Tyke – 1.5K Race
Course Walk Through- 10:45 am
Girls- 11:30 am
Boys- 11:50 am

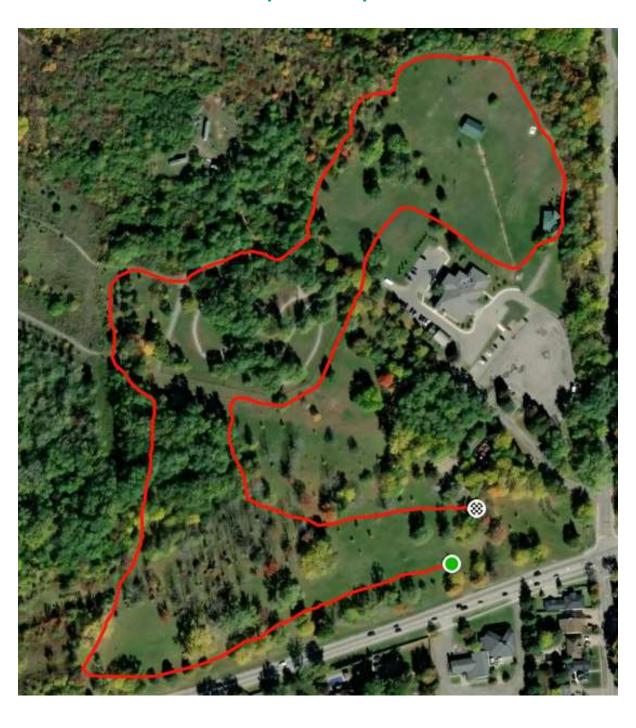
Consists of 2x ~750 m loops





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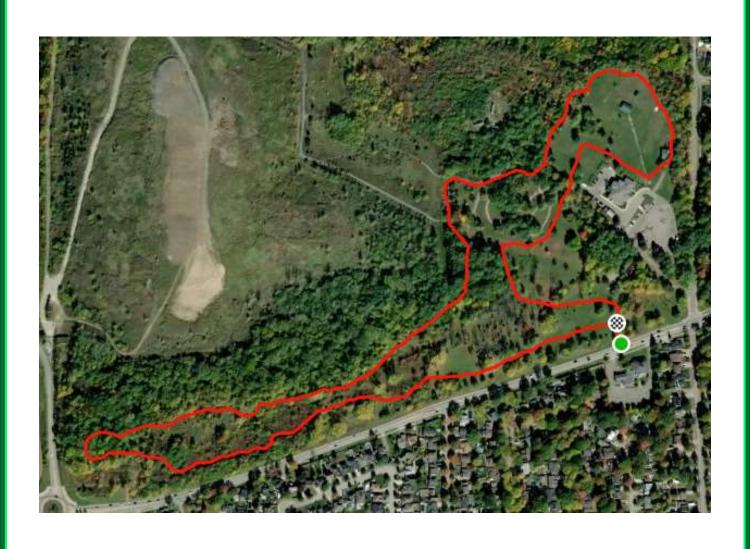
Atom – 2K Race
Course Walk Through- 10:45 am
Girls- 12:10 pm
Boys- 12:30 pm





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Senior – 3K Race Course Walk Through- 12:50 pm Girls- 1:35 pm Boys- 2:00 pm





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Intermediate – 4K Race Course Walk Through- 12:50 pm Girls- 2:25 pm Boys- 2:50 pm

*Note: These races may be combined if numbers remain low

Consists of a 1k loop (shown in yellow) and a 3k loop (into the woods)

