



TETC XC PREP MEET

Sunday October 2, 2022



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

These are the same race courses that will be used for the MTA Championships on Saturday October 29

Peewee Boys and Girls – 800 m Race



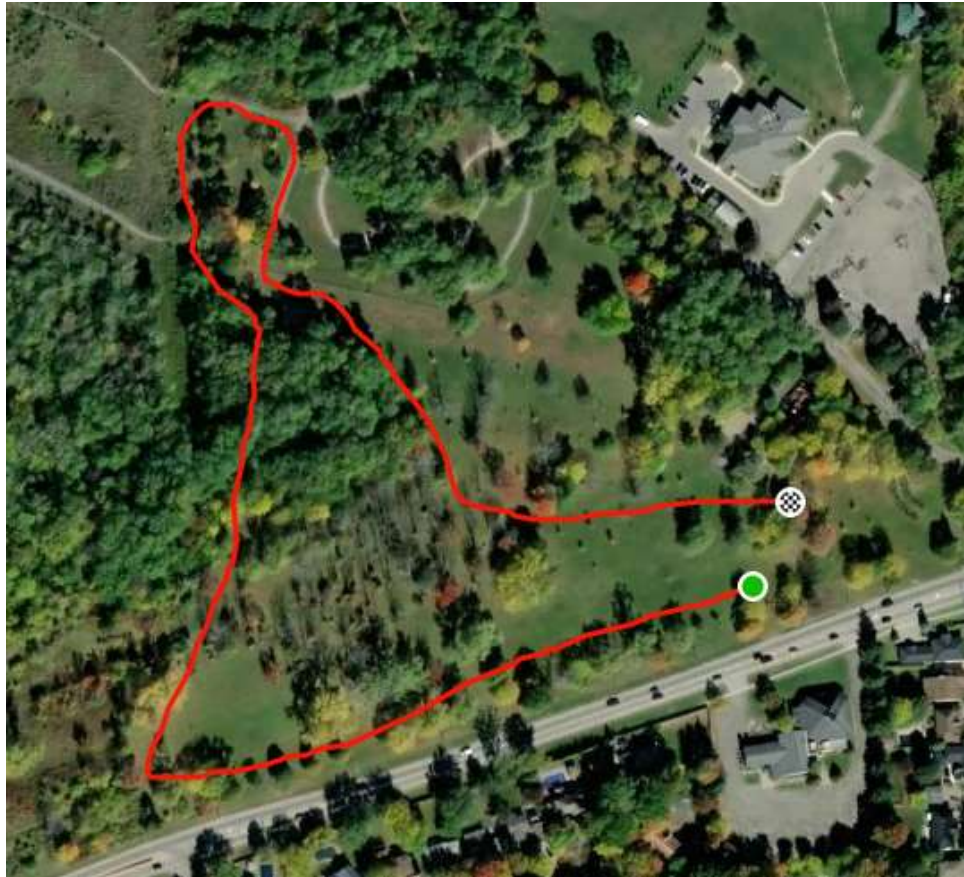


TETC XC PREP MEET

Sunday October 2, 2022



Mite – 1K Race





TETC XC PREP MEET

Sunday October 2, 2022



Tyke – 1.5K Race

Consists of 2x ~750 m loops





TETC XC PREP MEET

Sunday October 2, 2022



Atom – 2K Race





TETC XC PREP MEET

Sunday October 2, 2022



Senior – 3K Race





TETC XC PREP MEET

Sunday October 2, 2022



MTA Intermediate & AO U16 – 4K Race

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





TETC XC PREP MEET

Sunday October 2, 2022



AO U18 – 6K Race

Consists of 2x the 3K loop shown below

