



TETC XC PREP MEET

Sunday October 1, 2023



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



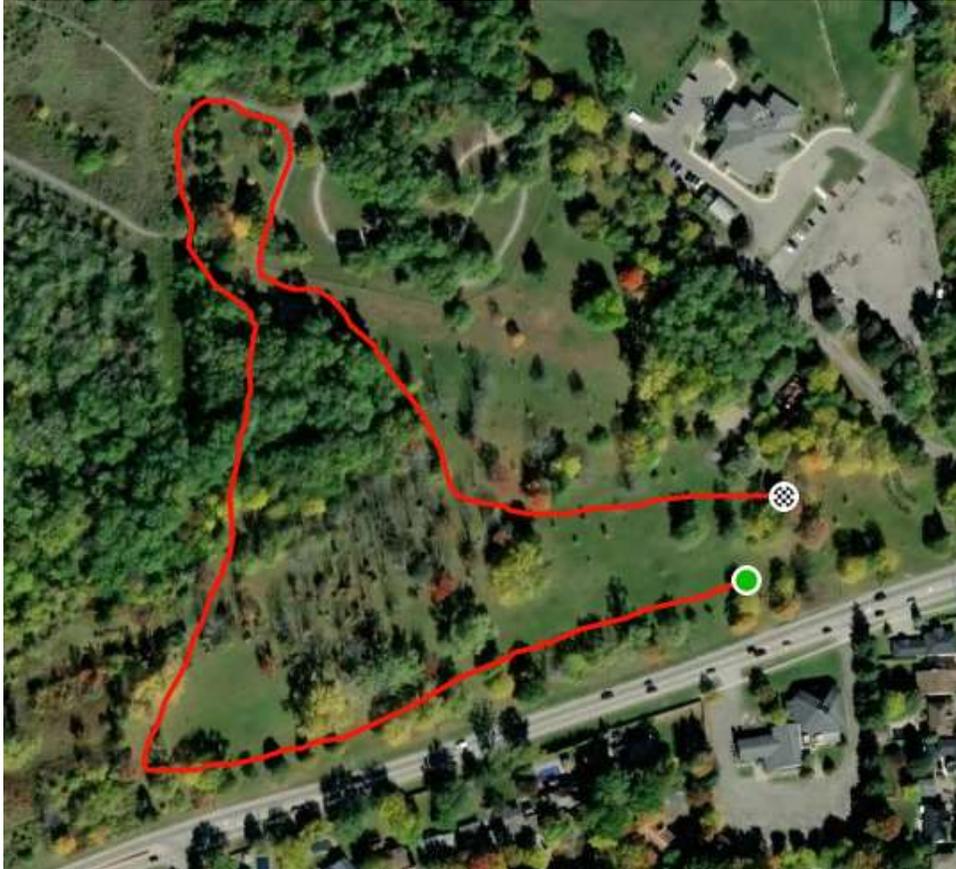


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Mite – 1K Race





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Tyke – 1.5K Race

Consists of 2x ~750 m loops





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Atom & AO U14 – 2K Race





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Senior – 3K Race





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MTA Intermediate & AO U16 – 4K Race

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





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AO U18 – 6K Race

Consists of 2x the 3K loop shown below



Note the 5K Race consists of a 3K loop (first) followed by a 2K loop (second)