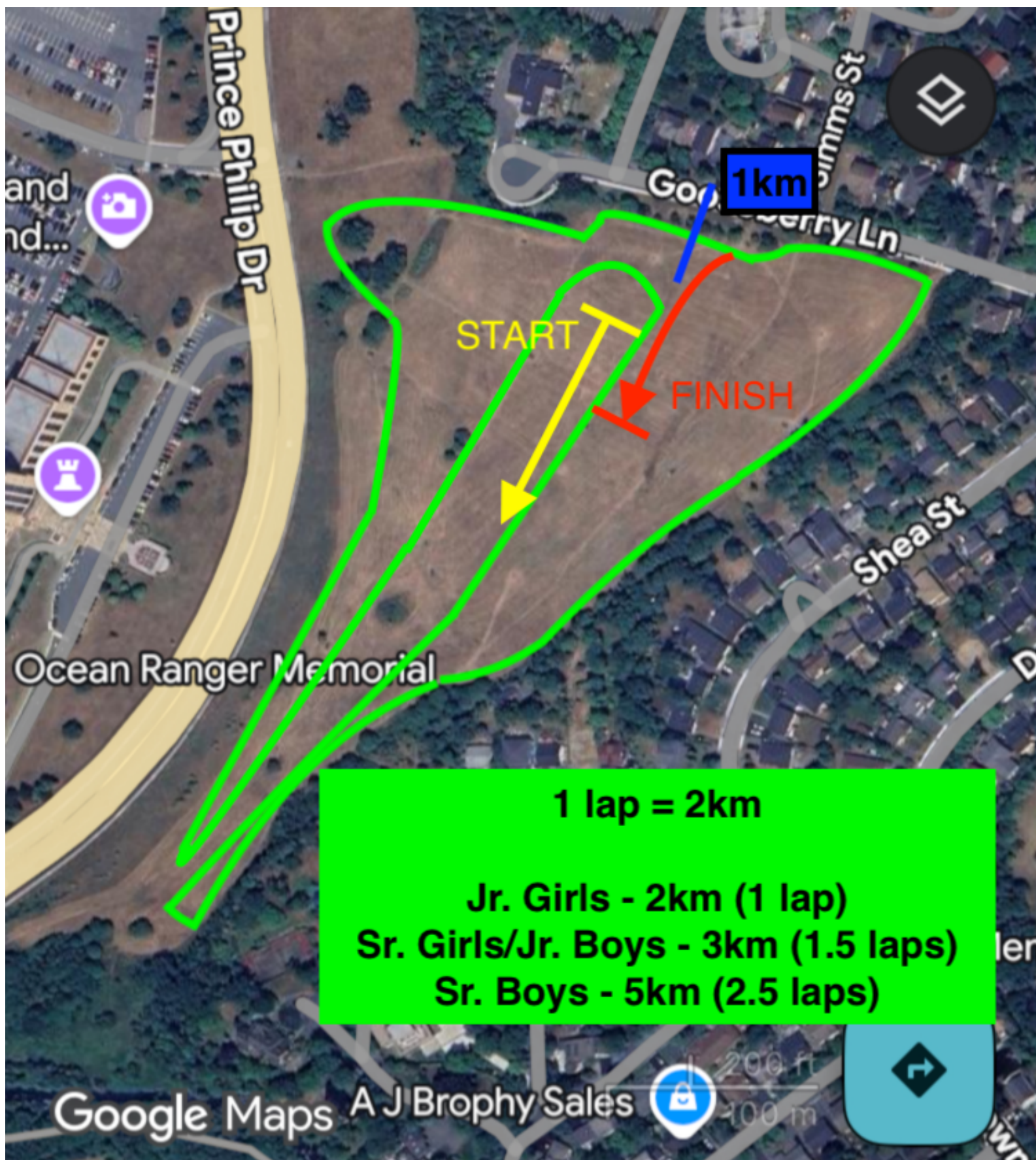




1 lap = 2km

Jr. Girls - 2km (1 lap)

Sr. Girls/Jr. Boys - 3km (1.5 laps)

Sr. Boys - 5km (2.5 laps)