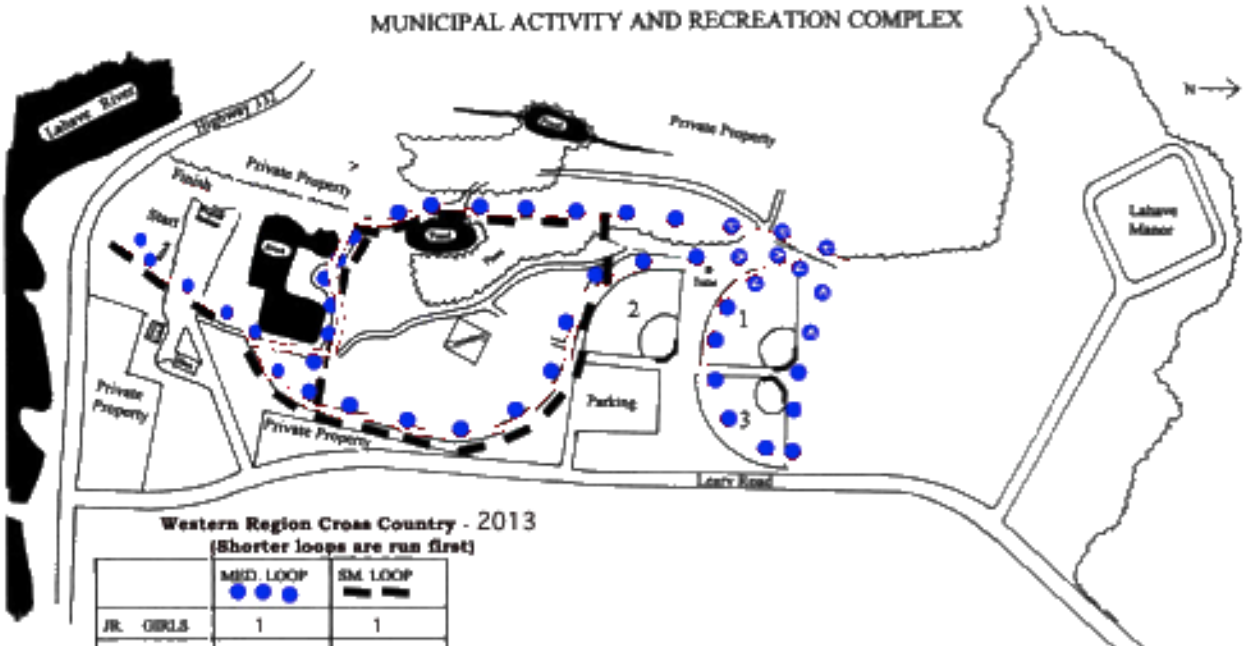

Western Region Cross Country - 2013
(Shorter loops are run first)

	MED. LOOP ●●●	SM. LOOP ▬ ▬
JR. GIRLS	1	1
INT. GIRLS	2	
SR. GIRLS	2	1
JR BOYS	2	
INT BOYS	2	1
SR. BOYS	3	1

Medium Loop = 2 km
Small Loop = 1 km