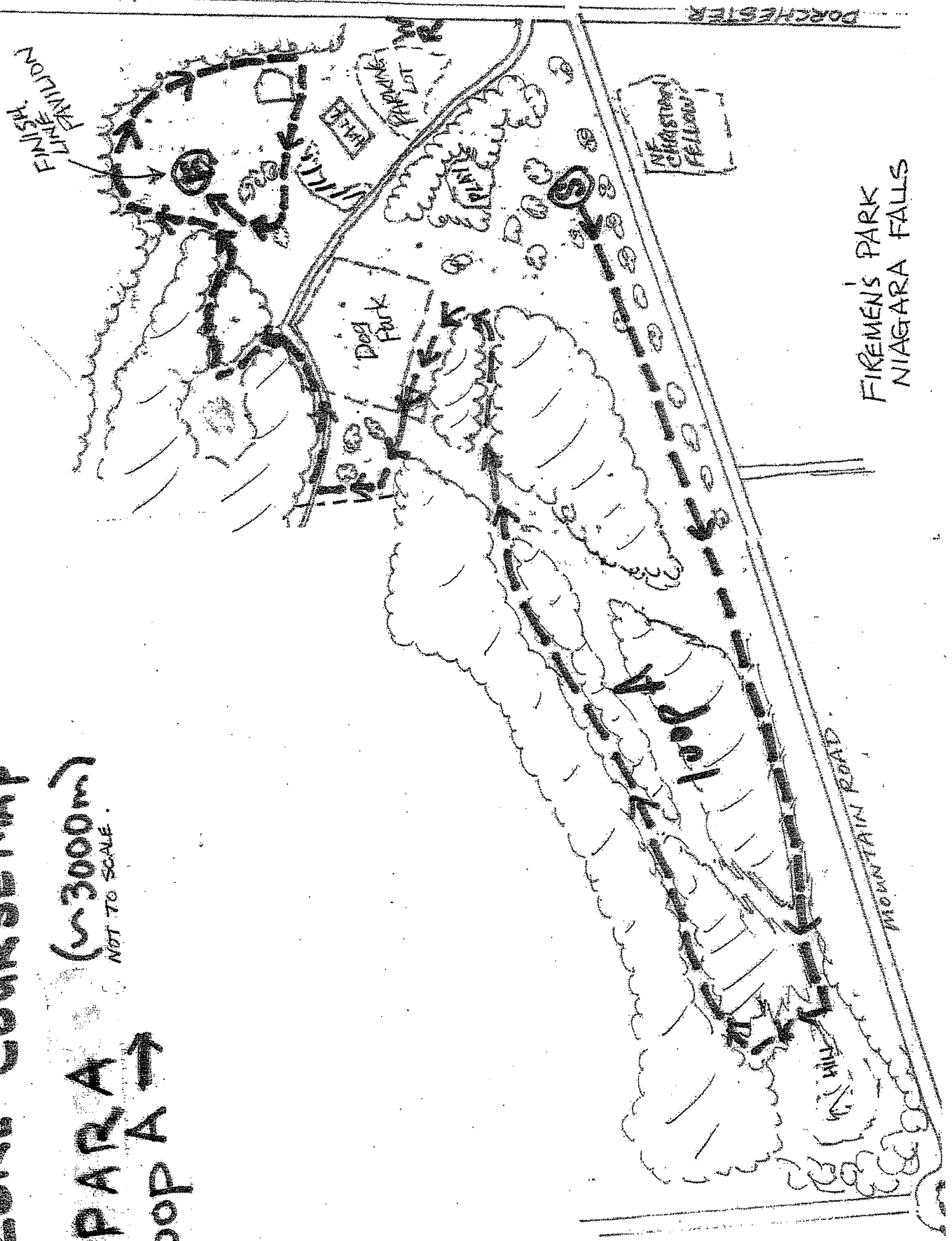


NCAA/ZONE COURSE MAP

PARA (≈ 3000m)
NOT TO SCALE.

Loop A →



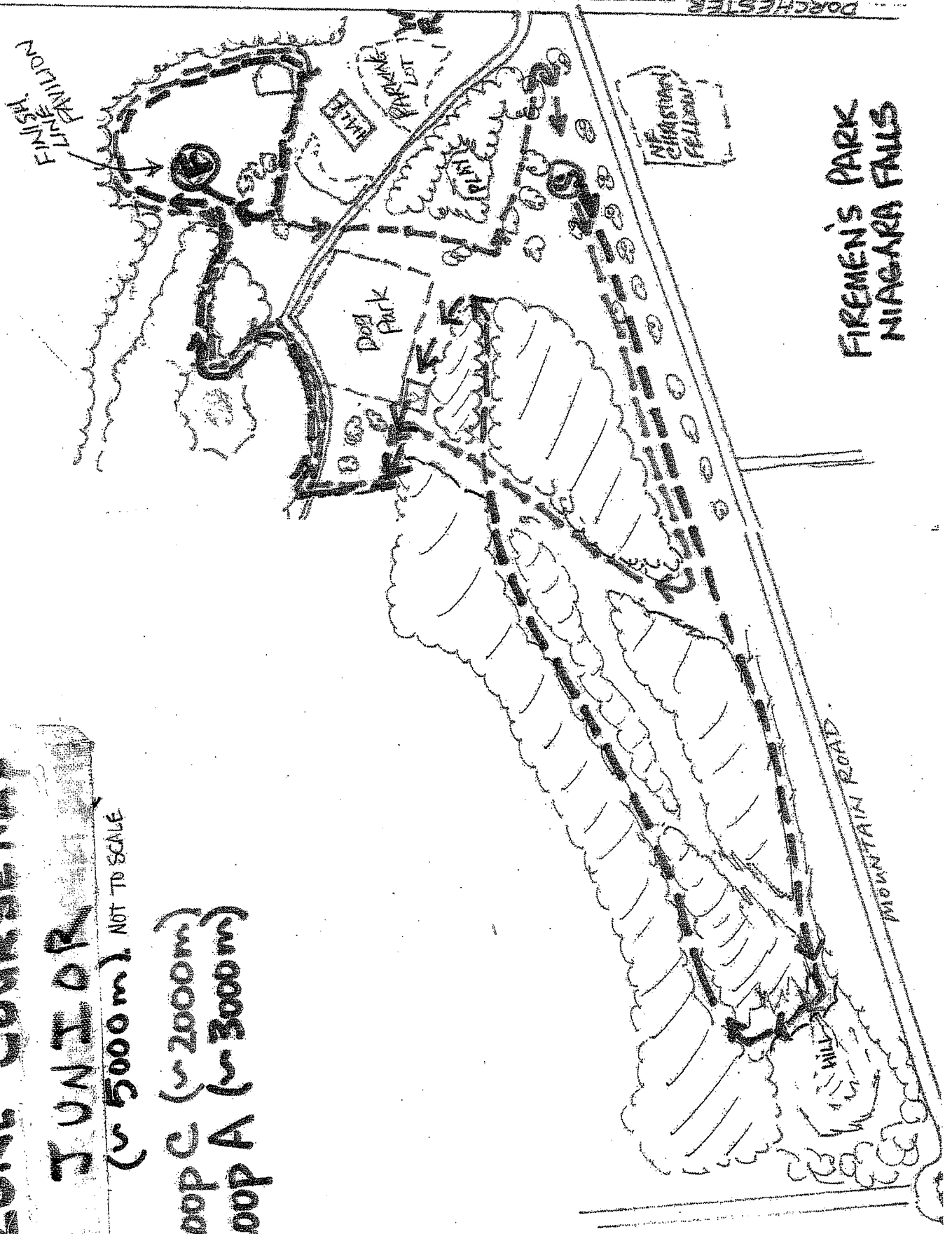
QPM

NEAR/ZONE COURSE MAP

JUNIOR

(~ 5000 m). NOT TO SCALE

Loop C (~ 2000m)
+ Loop A (~ 3000m)

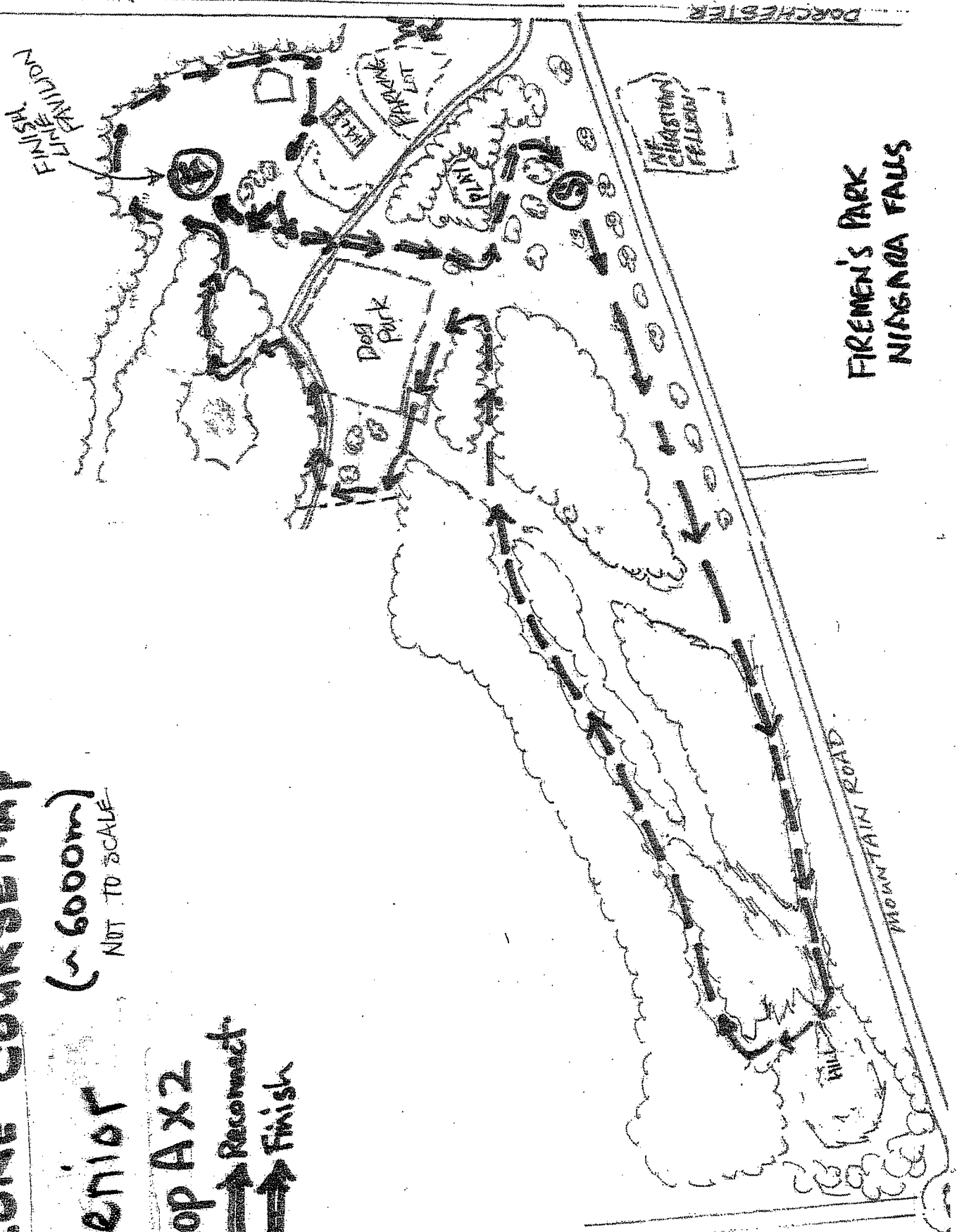


022

NGAA / ZONE COURSE MAP

Senior (~6000m)
NOT TO SCALE

Loop A x 2



FIREMEN'S PARK
NIGANGA FALLS

QW