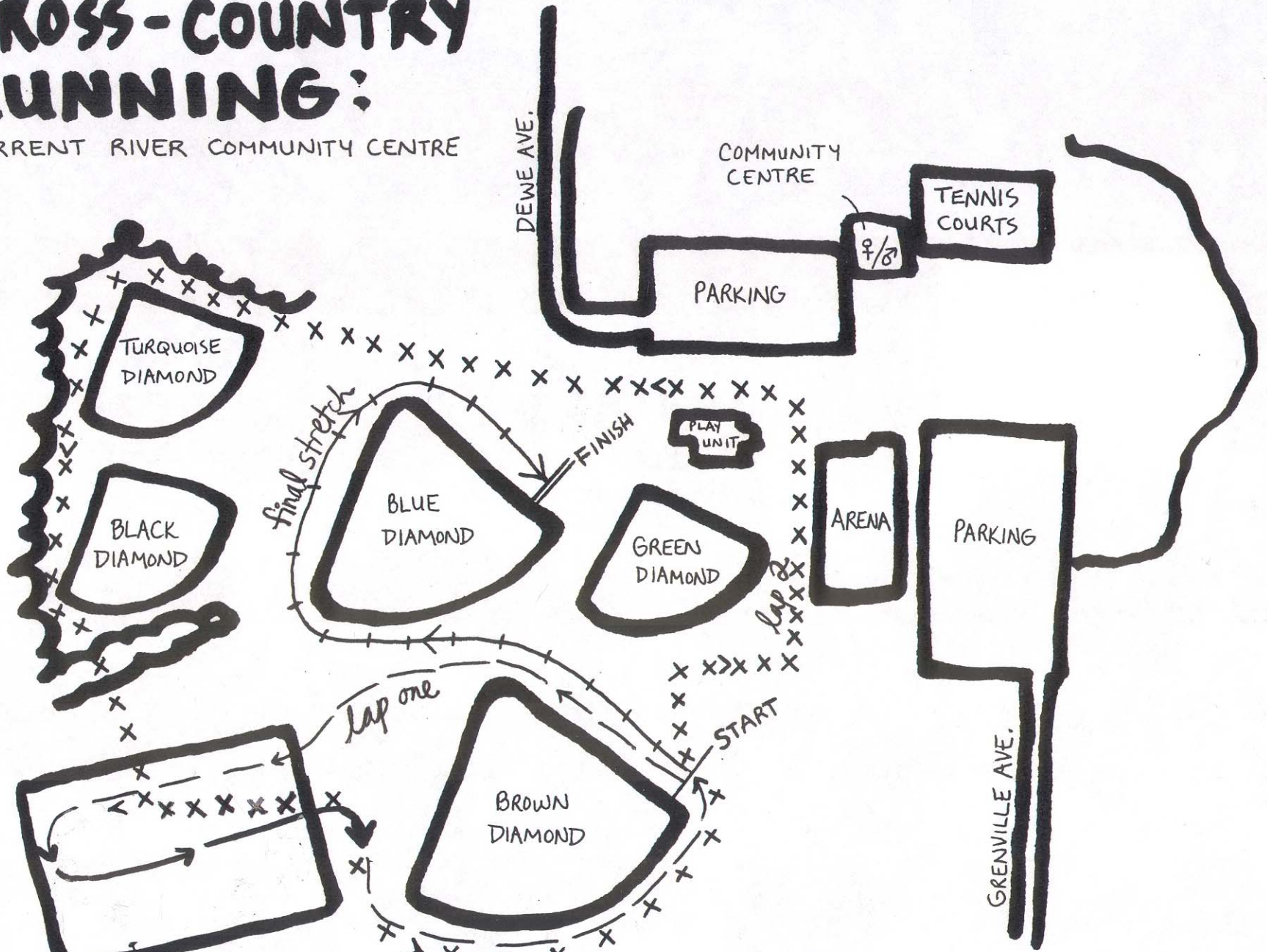


# CROSS-COUNTRY RUNNING:

CURRENT RIVER COMMUNITY CENTRE



→ = lap #1 (≈800m)  
 xxx = lap #2 (≈1000m)  
 +++ = final stretch (≈300m)

} NOVICE RACE  
 (2.1 km)